

Tabouli

Serves 6

1 cup dry bulgur wheat
1½ cups boiling water
Juice of 1 lemon
¼ cup olive oil
½ teaspoon mint, dried
½ cup scallions (include greens), chopped
2 medium tomatoes, diced
1 cup fresh parsley, chopped,
or 5 tablespoons dried parsley
Black pepper to taste

OPTIONAL:

½ cup cooked or canned chickpeas
1 green pepper, chopped
1 cucumber, chopped
2 carrots, coarsely grated

1. Combine bulgur and boiling water in a bowl.
2. Cover and let stand 15-20 minutes or until bulgur absorbs the water.
3. Wash and chop scallions, tomatoes, and parsley while bulgur is cooling. Prepare optional vegetables if desired.
4. Add lemon juice, oil, mint, and vegetables to bulgur. Mix thoroughly. Refrigerate 2-3 hours.
5. Just before serving, add black pepper to the bulgur mixture. Mix gently.

TIPS:

- Try different vegetables to make different tastes and textures.
- Serve tabouli as a side dish instead of rice or potatoes.

Nutrition Facts:

Serving size: ½ cup; Calories: 130; Fruits and Vegetables: ½ serving; Fat: 7 g; Fiber: 4 g



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