

Tabbouleh

Refreshing, high-fiber, and packed with fresh herbs! Perfect for summer or as a side all year.

Makes: 6 servings, 2/3 cup each
 Prep Time: 20 minutes
 Cook Time: 30 minutes

Source: cookingmatters.org

Ingredients

- 2 medium lemons
- 1 cup bulgur wheat
- 1 and 1/2 cups boiling water
- 1 cup fresh parsley
- 3 green onions
- 1 large tomato
- 1 small cucumber
- 2 tbsp olive oil
- 3/4 tsp salt
- 1/4 ground black pepper
- pinch ground cayenne pepper or paprika
- Optional: 1/4 cup mint leaves, 4oz feta cheese

Directions

In Advance:

1. Rinse and cut lemons in half. Squeeze juice into a medium bowl. Discard seeds.
2. Add bulgur and boiling water to lemon juice. Cover and let rest until bulgur is soft and chewy, about 30 minutes.

Preparation:

1. Rinse parsley, green onions, tomato, and cucumber. If using mint leaves, rinse now.
2. Chop parsley. If using mint leaves, chop now.
3. Trim ends off green onions. Thinly slice, using white and green parts.
4. Remove core from tomato. Dice.
5. Slice cucumber in half lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber.
6. If using feta cheese, dice now.
7. In a colander, drain excess liquid from bulgur mixture. Return bulgur to bowl.
8. Add parsley, green onions, tomato, cucumber, and remaining ingredients to bowl. Mix well to combine.
9. If using feta and mint, add now.
10. Mix gently before serving.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2/3 cup

Nutrients	Amount
Calories:	130
Total Fat:	5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	300mg
Total Carbohydrates:	20g
Dietary Fiber:	5g
Total Sugars:	2g
Added Sugars:	0g
Protein	4g
Vitamins	% Daily Values
Vitamin A	25%
Calcium	2%
Iron	10%
Vitamin C	45%

Utensils Needed

- Colander
- Medium bowl
- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Mixing spoon
- Plastic wrap

SHOPPING LIST

Average total cost without oil and seasonings: \$11.86

Average cost/serving: \$1.98

Recipe Makes: 6 servings (2/3 cup per serving)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Lemons



Add 1 to Cart
Green Onions, 1 bunch



Add 1 to Cart
Bulgur Wheat, 24oz



Add 1 to Cart
Tomato



Add 1 to Cart
Parsley, 1 bunch



Add 1 to Cart
Cucumber

SAVE TIME, SAVE MONEY

Preparation Tips

- For best flavor, let tabbouleh rest in the fridge overnight before serving.
- Serve over grilled fish or meats, with hummus and pita, or as a stuffing inside fresh tomatoes.
- Try using 3 cups of other cooked whole grains in place of the bulgur. You may like brown rice, couscous or wheat berries.
- Look for bulgur near the pasta or rice in your store. Or, you may find it in the specialty, health, or ethnic food aisles.

My Cooking Notes