

Tabbouleh

Serves 8



Ingredients:

- 1 ½ cups bulgur wheat uncooked
- 1 ½ cups boiling water
- 4 Tablespoons olive oil
- 1 cup fresh parsley, leaves only, finely minced
- 1 pint cherry or grape tomatoes, quartered
- 1 cucumber, peeled, de-seeded, and diced
- 1 lemon, juiced
- ½ teaspoon ground cumin
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper

Instructions:

1. Place 1 ½ cup uncooked bulgur wheat in a large container or bowl. Pour boiling water over the grain, stir quickly to coat, and cover. Allow to stand for 10-12 minutes, or until all the water is absorbed and the grain is tender. Fluff with a fork and set aside.
2. Cut the lemon into 2 pieces and squeeze the juice into a bowl. Add olive oil, cumin, salt, and pepper. Discard the lemons and set the mixture aside.
3. Quarter the tomatoes and set aside in a bowl.
4. Separate the leaves and stems of the parsley. Discard the stems, then finely chop the leaves. Measure chopped parsley into a bowl. Meanwhile, peel the cucumber, cut in half lengthwise, and remove the seeds. Dice the entire cucumber and combine with the parsley.
5. Combine all the ingredients in a large bowl and toss well to mix. If you have time, cover the salad and leave it in the refrigerator for about half an hour to allow it to marinate.
6. Serve and enjoy!



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Tabbouleh [IST]

Nutrition Facts

Serving Size 1 × 8 Serving

Amount Per Serving

Calories 164.6

% Daily Value*

Total Fat	7.3 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	234.6 mg	10 %
Total Carbohydrate	23.2 g	8 %
Dietary Fiber	4.3 g	15 %
Total Sugars	1.8 g	
Added Sugars	0 g	0 %
Protein	4 g	
Vitamin D	0 mcg	0 %
Calcium	31.3 mg	2 %
Iron	1.4 mg	8 %
Potassium	295.5 mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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