

# Tabbouleh

Serves 6



## Ingredients:

- 1 cup bulgur wheat
- 1 cup fresh parsley, stems removed and leaves finely chopped
- 1 pint cherry or grape tomatoes, quartered
- 1 medium cucumber, seeds removed and diced
- Juice of 1 lemon
- ½ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon pepper
- 1¼ cup boiling water
- 3 Tablespoons olive oil

## Instructions:

1. Place bulgur in large container or bowl. Pour boiling water over the grain, quickly stir to coat, and cover. Allow to stand for 30 to 45 minutes. Check to ensure water is absorbed and grain is tender, draining any remaining water, if needed. Fluff with a fork.
2. Toss bulgur with chopped parsley, tomatoes, cucumber, lemon juice, cumin, salt, and pepper.
3. Salad is best after marinating, but can be served immediately at room temperature or refrigerated and enjoyed for up to five days.

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Tabbouleh		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	1 × 6 Serving	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>161.5</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	7.4 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	212.1 mg	9 %
<b>Total Carbohydrate</b>	22.6 g	8 %
Dietary Fiber	4.4 g	16 %
Total Sugars	2.5 g	
Added Sugars	0 g	0 %
<b>Protein</b>	4 g	
Vitamin D	0 mcg	0 %
Calcium	37.9 mg	3 %
Iron	1.6 mg	9 %
Potassium	352.2 mg	7 %
* 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.		
<a href="https://cronometer.com">Full Info at cronometer.com</a>		</>