



Tabbouleh

Makes 4 servings (one cup each)

1 cup water
½ cup bulgur (cracked wheat – find it in the rice/grains aisle)
½ cup lemon juice
2 Tablespoons olive oil
½ teaspoon chopped garlic
¼ teaspoon salt
ground black pepper (to taste)
2 cups chopped parsley
¼ cup fresh chopped mint
2 small tomatoes, diced
1 small cucumber, diced
3-4 green onions (scallions)

- Combine water and bulgur in a small sauce pan. Bring to a boil and remove from heat. Cover and let stand until the water is absorbed (about 25 minutes). Drain any excess water. Transfer to a large bowl and cool for 15 minutes.
- Combine lemon juice, oil, garlic, salt and pepper in a small bowl. Add parsley, mint, tomatoes, cucumber and green onions to the bulgur. Add dressing and mix well. Serve at room temperature or chilled. Add 2 cups drained chickpeas to make this a meal.

Nutritional Information (per cup):

Calories: 165

Fat: 8g

Saturated fat: 1g

Carbohydrates: 22g

Fiber: 6g

Protein: 6g

Recipe from www.eatingwell.com