



Tabbouleh

Makes 4 Servings (one cup each)

1 cup water
½ cup bulgur (cracked wheat – find in the rice/grain 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.

Nutrition Information

Calories: 165
Total fat: 8g
Saturated fat: 1g
Carbohydrates: 22g
Fiber: 6g
Protein: 6g