



Tabbouleh

Ingredients:

Tabbouleh

1/2 cup bulgur, uncooked
1 cup water
3/4 cup diced cucumber
3/4 cup diced tomato
2 tablespoons fresh parsley, chopped
2 tablespoons fresh mint leaves, chopped
2 tablespoons green onions, chopped
1 clove garlic, finely chopped
1 tablespoon extra virgin olive oil
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper

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Directions:

1. Wash your hands with soap and warm water. Wash fresh fruits and vegetables before preparing them.
2. In a small stockpot, bring water to a rolling boil.
3. Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered, and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
4. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
5. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper. Combine dressing with the other ingredients; mix well.
6. Refrigerate; let chill for at least 2 hours before serving to allow the flavors to fuse.

Nutrition Facts (Per Serving)

Calories, 69; Carbohydrate, 11 g; Protein, 2 g; Total Fat, 35 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Total Sugars, 1 g; Sodium, 103 mg; Calcium, 15 mg; Folate, 12 mcg; Iron, 1 mg; Percent Calories from Fat, 39%.

Makes 6 servings, approximately 1/2 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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