



Tabouli Bulgur Wheat Salad



Ingredients

SALAD

- 1 cup dry **bulgur wheat**
- 1 cup **boiling water**
- ½ chopped **cucumber**
- 2 stalks **celery**, chopped
- 1 **tomato**, chopped
- 4 **green onions**, chopped
- ¼ cup chopped fresh **mint** (or cilantro)
- 1 cup chopped fresh **parsley**
- 1 clove **garlic**, minced or 1/4 teaspoon garlic powder

DRESSING

- ¼ cup **lemon juice** (or vinegar or half of each)
- 2 Tablespoons **vegetable oil**
- 1 teaspoon **pepper**
- ¼ teaspoon **salt**

Makes: 4 cups
Prep time: 45 minutes
Chill time: 2 to 3 hours



Directions

1. Wash hands with soap and water.
2. Place the bulgur in a large bowl and soak in the boiling water until the water is absorbed, about 30 minutes. Drain any excess water.
3. In a small bowl or a jar with a lid, mix or shake the dressing ingredients together. Set aside.
4. Add the chopped vegetables, herbs and garlic to the prepared bulgur.
5. Pour the dressing over the salad and stir. Refrigerate for 2 to 3 hours and serve chilled.
6. Refrigerate leftovers within 2 hours.

Notes

- Top with plain yogurt.
- Add other chopped veggies including red or green peppers, garbanzo beans (chickpeas), grated carrots, or summer squash.
- Freeze extra lemon juice to use later.
- Serve as a side dish or serve on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.

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Nutrition Facts

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|-------------------------------|----------------|
| 8 servings per container | |
| Serving size | 1/2 cup (126g) |
| Amount per Serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 3g | 11% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 39mg | 4% |
| Iron 1mg | 6% |
| Potassium 185mg | 4% |
| Vitamin A 43mcg | 5% |
| Vitamin C 18mg | 20% |

*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.

