



# Tabbouleh

**Ingredients:**

- 2 cups cooked bulgur wheat
- ¼ cup lemon juice
- 3 Tbsp. olive oil
- 4 garlic cloves, minced
- ¼ cup chopped mint
- 1 cup chopped parsley
- 4 medium tomatoes, diced
- Salt and pepper (to taste)
- Feta cheese (optional)

**Directions:**

1. Combine the cooked bulgur, lemon juice, olive oil, and garlic in a bowl. Chill for 30 minutes.
2. Add the remaining ingredients, and season with salt and pepper to taste.
3. Garnish with crumbled feta cheese, if desired.

**Tip:**

Try adding other ingredients such as diced cucumber, diced celery, chopped scallions, diced bell pepper, pine nuts, or chickpeas for more flavor.

**Serves 8**

**Serving size: 1/2 cup**

**Did you know...**

Bulgur is an ancient whole grain. It is a staple grain in Middle Eastern cuisine, and serves as an excellent source of fiber.

**Nutrition Facts**

Serving Size 0.50 cup(s) (130g)

Amount Per Serving

**Calories** 101      **Calories from Fat** 48

% Daily Value

**Total Fat** 5.4g 8 %

Saturated Fat 0.8g 4 %

Trans Fat 0.0g

**Cholesterol** 0.0mg 0 %

**Sodium** 10.3mg 0 %

**Total Carbohydrate** 12.5g 4 %

Dietary Fiber 3.2g 13 %

Sugars 1.9g

**Protein** 2.3g

Vitamin A 21 %      Calcium 3 %

Vitamin C 36 %      Iron 7 %