

## Parsley Tabbouleh

## Ingredients:

1 cup water

½ cup bulgur

½ cup lemon juice

2 tbsp. extra-virgin olive oil

½ tsp. minced garlic

1/8 tsp. salt

1/8 tsp. ground pepper

2 cup finely chopped flat leaf parsley

1/4 cup chopped fresh mint

2 medium tomatoes, diced

1 small cucumber

4 scallions, thinly sliced

<b>Nutrition</b>	า Fa	cts
Serving Size 1 cup (2	227g)	
Servings Per Contair	ner 5	
Amount Per Serving		
Calories 150 Ca	ories fron	n Fat 60
	% Da	aily Value*
Total Fat 7g		11%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 400mg		17%
Total Carbohydrate	20g	7%
Dietary Fiber 5g		20%
Sugars 3g		
Protein 4g		
1.5		2.000/
	Vitamin (	
Calcium 10% •	Iron 15%	
*Percent Daily Values are badiet. Your daily values may be depending on your calorie n Calories:	e higher or l	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g







## **Directions:**

- 1. Combine water and bulgur in small saucepan. Bring to full boil, remove from heat, cover and let stand until the water is absorbed and the bulgur is tender, 25 minutes or according to package directions. If any water remains, drain bulgur in a fine mesh sieve. Transfer to a large bowl and let cool for 15 minutes.
- Combine lemon juice, olive oil, garlic, salt and pepper in a small bowl. Add parsley, mint, tomatoes, cucumber and scallions to the bulgur.
- 3. Add the dressing and toss. Serve at room temperature or chill for at least 1 hour to serve cold.