

# Tabbouleh with Grilled Vegetables

## Ingredients:

- 1 cup bulgur
- ¾ tsp. salt, divided
- 1 cup boiling water
- 2 medium zucchini, cut lengthwise into ½" thick
- 2 cup cherry tomatoes
- 3 tbsp. extra virgin olive oil
- ½ tsp. ground pepper
- ¼ cup chopped walnuts
- 3 tbsp. lemon Juice
- ½ cup chopped fresh parsley
- ½ cup chopped fresh mint
- 3 large Portobello mushroom caps, wiped clean
- 2 sweet onions such as Vidalia cut into ½" thick rounds



## Nutrition Facts

Serving Size 1 cup (227g)	
Servings Per Container 9	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 7g	
<b>Protein</b> 7g	
Vitamin A 20%	• Vitamin C 30%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Directions:

1. Place bulgur and ½ tsp. salt in large bowl.
2. Add boiling water and stir. Cover with plastic wrap and let soak until tender and liquid has been absorbed, about 30 minutes.
3. Meanwhile, preheat grill to medium-high. Place a fine-mesh nonstick grill topper on the grill to heat. Place zucchini, onions, Portobello's and tomatoes in a single layer on a baking sheet. Brush both sides with 1 table-spoon olive oil and sprinkle with remaining ¼ teaspoon salt and pepper.
4. Working in batches, grill the vegetables until tender, turning once or twice.
5. Toast walnuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2-3 minutes.
6. When the vegetables are cool enough to handle, coarsely chop zucchini, onions and mushrooms. Cut the tomatoes in half.
7. When bulgur is tender, add the remaining 2 table-spoons oil, lemon juice, parsley and mint; toss to mix. Add vegetables and toss. Sprinkle with walnuts.