



# Tabbouleh

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: 2/3 cup

## Ingredients

- 2 medium lemons
- 1 cup bulgur wheat
- 1 1/2 cups boiling water
- 1 cup fresh parsley
- 3 green onions
- 1 large tomato
- 1 small cucumber
- 2 Tablespoons canola oil
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- Pinch ground cayenne pepper or paprika
- 4 ounces feta (optional)
- 1./4 cup mint leaves (optional)

## Recipe Notes

- For best flavor, let tabbouleh rest in refrigerator overnight before serving .

## Directions

1. Rinse and cut lemons in half. In a medium bowl, squeeze juice. Discard seeds.
2. Add bulgur and boiling water to lemon juice. Cover and let rest until bulgur is soft and chewy, about 30 minutes.
3. Rinse parsley, green onions, tomato, cucumber, and mint leaves if using.
4. Chop parsley and mint if using.
5. Trim ends off green onions. Thinly slice, using white and green parts.
6. Remove core from tomato. Dice.
7. Slice cucumber in half lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber.
8. If using feta, dice now.
9. In a colander, drain excess liquid from bulgur mixture. Return bulgur to bowl.
10. Add remaining ingredients to bowl. Mix to combine.

**Nutrition Facts Per Serving:** Calories: 130 | Total Fat: 5 g | Saturated Fat: 0 g  
Sodium: 300 mg | Total Carbohydrate: 20 g | Dietary Fiber: 5 g | Protein: 4 g

Adapted from **Cooking Matters**

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