

## Tabbouleh

### Ingredients:

- 1 1/2 cups bulgur wheat (No. 3 size)
- 1 1/2 cups boiling water
- 3 tomatoes
- 3 cucumbers
- 1 onion
- 1 bunch parsley sprigs
- 2 teaspoons mint leaves
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 cup lemon juice
- 2 tablespoons vegetable oil

### Equipment:

- Saucepan with lid
- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Large salad bowl

Number of Servings: 13  
 Prep Time: 30 minutes  
 Total Time: 1 hour & 30 minutes

### Directions

1. Combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
2. Wash tomato. Slice in half through the stem. Remove tough stem. With cut side down on cutting board, slice into 1/4" slices. Keeping the tomato together, turn and cut them across to get diced tomatoes. Repeat for other half. Add to large bowl.
3. Wash and cut ends off of cucumbers. Cut into slices, stack and cut into quarters. Add to bowl.
4. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Add to bowl.
5. Pull stems off of parsley, chop into small pieces. Add to bowl.
6. Pull stems off of mint leaves, chop and add to bowl.
7. When bulgur is ready, add to bowl.
8. In a small bowl, combine salt and lemon juice and cumin. Slowly whisk in oil.
9. Add dressing to salad and toss to coat all ingredients. Serve chilled.

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 12	
<b>Amount Per Serving</b>	
<b>Calories 93</b>	Calories from Fat 27
<b>%Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 49mg</b>	<b>2%</b>
<b>Potassium 251mg</b>	<b>7%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 4g	16%
<b>Protein 3g</b>	<b>6%</b>
Vitamin A 7%	Vitamin C 20%
Iron 6%	Calcium 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

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