

## Tabbouleh

### Ingredients:

- 1 1/2 cups bulgur wheat
- 1 1/2 cups boiling water
- 3 cups fresh tomatoes, diced
- 1 1/2 cups fresh cucumber, peeled, seeded, diced
- 1/4 cups fresh parsley, chopped
- 1/3 cup onion, minced
- 2 tsp fresh mint, chopped, or 1/4 tsp dried
- 1/4 tsp cumin (optional)
- 1/4 tsp salt
- 1/4 cup lemon juice
- 2 tbsp vegetable oil
- Pita Chips

### Equipment:

- Saucepan
- Bowl
- Knife
- Cutting Board
- Measuring Cups
- Measuring Spoons

Number of Servings: 12  
 Prep Time: 30 minutes  
 Total time: 1 hour

### Directions

1. Combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
2. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur and stir to blend
3. In a small bowl, combine salt and lemon juice. Slowly whisk in oil.
4. Add dressing to salad and toss to coat all ingredients. Serve chilled with pita chips.

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### Nutrition Facts

Serving Size: 3 wedges with 1/3 cup salad  
 Servings: 12

| Amount Per Serving            |               | Calories from Fat 15 |     |
|-------------------------------|---------------|----------------------|-----|
| Calories 167                  |               |                      |     |
|                               |               | %Daily Value*        |     |
| <b>Total Fat</b> 3g           |               |                      | 5%  |
| Saturated Fat trace g         |               |                      | 2%  |
| <b>Cholesterol</b> 0mg        |               |                      | 0%  |
| <b>Sodium</b> 152mg           |               |                      | 6%  |
| <b>Potassium</b> 294mg        |               |                      | 8%  |
| <b>Total Carbohydrate</b> 28g |               |                      | 9%  |
| Dietary Fiber 5g              |               |                      | 19% |
| <b>Protein</b> 5g             |               |                      | 10% |
| Vitamin A 7%                  | Vitamin C 22% |                      |     |
| Iron 7%                       | Calcium 4%    |                      |     |

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

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