



# Adapted Tabbouleh



Recipe by Karina

## Ingredients



- 1/2 cup bulgur
- 1 tomato
- 1 cucumber
- 1 small onion
- 1/2 Tbsp. fresh mint
- 1/2 cup fresh parsley
- 1 green onion (optional)
- 1 lemon, juiced (2 Tbsp.)
- 1 Tbsp. olive oil
- Pepper, to taste



## Directions



Yield: 8 servings Serving Size: 1 cup

Total Cost: \$5.05

Serving Cost: \$0.63

1. Soak bulgur in very hot water for 10 minutes, drain.
2. Dice tomato, cucumber, and onion.
3. Chop mint, parsley, and green onion into very fine pieces.
4. Add all ingredients to a bowl and mix together.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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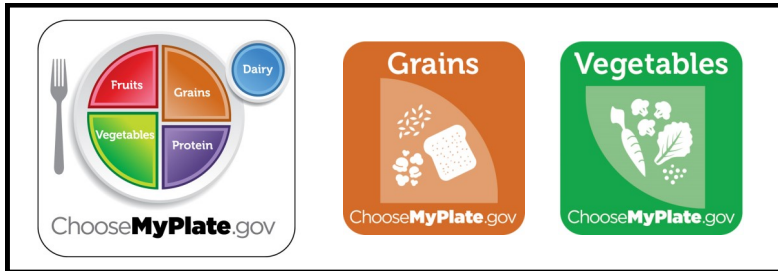
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add more parsley if desired.
- Don't soak the bulgur if you would like a crunchy texture.
- Substitute fresh mint for 2 tsp. dry mint.
- Add minced garlic for additional flavor.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.3g	<b>2%</b>
Trans Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 13mg	<b>0%</b>
Iron 0.54mg	<b>4%</b>
Potassium 141mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

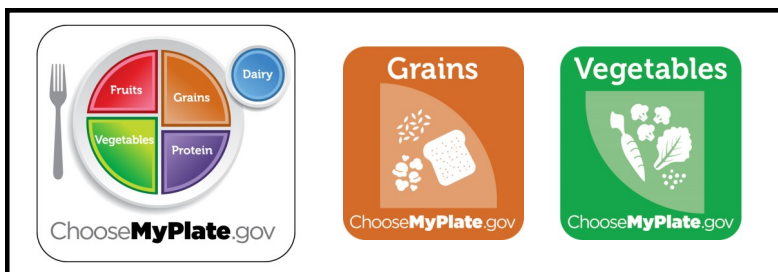
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