



Tabbouleh

Adapted from *EatFresh.org*



Ingredients



- 2 cups Bulgur Wheat *uncooked*
- 2 cups Water *very hot*
- 1 Cucumber *chopped*
- 1 Tomato *small, chopped*
- 1 bunch Green Onions *chopped*
- 1/2 cup Fresh Mint *chopped*
- 2 cups Fresh Parsley *chopped*
- 1/2 cup Fresh Lemon Juice
- 1 tablespoon Olive Oil
- Black Pepper *to taste*



Directions



Yield: 12 servings

Serving size: 1 cup

1. Pour hot water over bulgur wheat and allow to stand until water is absorbed, about 30 minutes.
2. Combine the rest of the ingredients in a large bowl and mix well. Serve immediately or chill for up to 3 days.
3. Serve with whole wheat pita bread or homemade pita chips.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Serve tabouleh with whole wheat pita bread and hummus for a nutritious afternoon snack..
- Add fresh herbs as a garnish like mint por dill.

Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 12	
Amount Per Serving	
Calories 162	
% Daily Value*	
Total Fat 2.7 g	3%
Saturated Fat <1 g	3%
Sodium 12 mg	1%
Dietary Fiber 5.1 g	18%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Second Harvest is an equal opportunity provider.



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