



# Tabbouleh



Recipe by Karina

## Ingredients



- 1/2 cup bulgur
- 1 medium onion
- 1 tomato
- 1/2 lemon
- 1 cucumber
- 1/2 cup parsley
- 1 green onion
- 1 Tbsp. olive oil
- 1/2 Tbsp. Mint

Yield: 8 servings  
Serving Size: 1 cup



## Directions



1. Soak bulgur in very hot water for 10 minutes, drain.
2. Dice veggies.
3. Chop mint and parsley into very fine pieces.
4. Juice the lemon.
5. 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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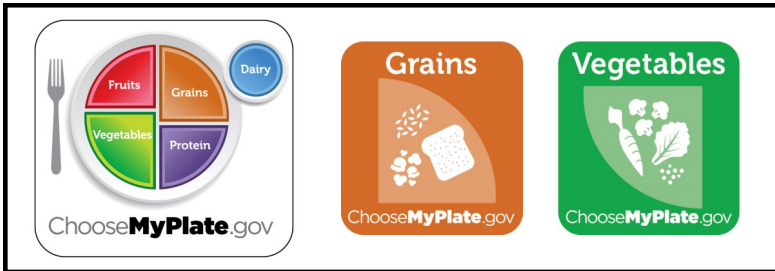
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# Fast Facts



## Featured Food Groups

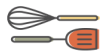


## Nutrition Facts

|                               |              |
|-------------------------------|--------------|
| 8 servings per container      |              |
| <b>Serving size</b>           | <b>1 Cup</b> |
| <b>Amount Per Serving</b>     |              |
| <b>Calories</b>               | <b>60</b>    |
| <small>% Daily Value*</small> |              |
| <b>Total Fat</b> 2g           | <b>3%</b>    |
| Saturated Fat 0g              | <b>0%</b>    |
| Trans Fat 0g                  |              |
| Polyunsaturated Fat 0g        |              |
| Monounsaturated Fat 1g        |              |
| <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>    |
| Sugar Alcohol 0g              |              |
| <b>Protein</b> 2g             | <b>4%</b>    |
| Vitamin D 0mcg                | 0%           |
| Calcium 17mg                  | 2%           |
| Iron 1mg                      | 6%           |
| Potassium 138mg               | 2%           |

\*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.

## Cooking Tips



- Add more parsley if desired.
- Don't soak the bulgur if you would like a crunchy texture.

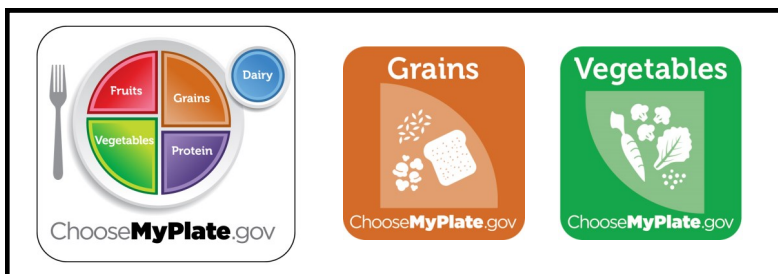
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