



A Nutrition Resource

TASTY TABBOULEH

Yield: 6 Servings | Serving Size: 3/4 cup

Cost/Serving: \$0.97

Ingredients:

3/4 cup bulgar wheat

1 1/2 cups warm water

3 large, ripe tomatoes, cored and diced

2 cucumbers, diced

3 scallions, chopped, use both the green and white parts

1 1/2 bunches of flat leaf parsley leaves, chopped

Optional:

1 1/2 bunches of mint leaves

3 tbsp olive oil

1 1/2 tbsp fresh lemon juice, or red wine vinegar

Pinch of salt

Directions:

1. Put the bulgar into the mixing bowl. Pour warm water into the bowl. Cover and let the bulgar be soft, at least 2 hours of refrigerating overnight.
2. After the bulgar is soft, add the tomatoes, cucumbers, scallions, parsley, mint if using, olive oil, and lemon juice or red wine vinegar. Mix together.
3. Cover the bowl and refrigerate at least 1 hour, up to overnight.

Recipe adapted from Chop Chop and MT Harvest of the Month

Nutrition Facts

6 servings per container

Serving size 3/4 cup (0.0g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrate 20g 7%

Dietary Fiber 5g 18%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.5mg 8%

Potassium 250mg 6%

* 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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