



## Lemon Tabouli

Feel free to swap out the bulgur wheat for quinoa, amaranth, or couscous.

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Bulgur wheat	110g
1/4 cup	Lemon Juice, Fresh	59.15ml
2 cup	Tomatoes, diced	200g
1/2 cup	Scallions or chives, thinly sliced	50g
1/4 tsp	Salt	1.43g
To Taste	Pepper	To Taste
1/3 cup	Olive Oil, Extra Virgin	78.9ml
1 cup	Parsley, Fresh, chopped	25g
1 cup	Mint, Fresh, chopped	25g

### **Preparation:**

1. Gather all ingredients and equipment.
2. To prepare bulgur, combine wheat with lemon juice and 3/4 cup of water in a saucepan. Cover and simmer over medium heat for 10-15 minutes or until bulgur is tender and water is evaporated. Fluff the bulgur with a fork and set aside to cool.
3. In a bowl, combine the tomatoes, scallions, salt and pepper. Drizzle on the olive oil and toss.
4. Fold in the bulgur, parsley, and mint and mix well.
5. Refrigerate, stirring occasionally.
6. Taste and adjust flavors with lemon juice and pepper.

**Serving Suggestion:** Serve with crisp inner leaves of romaine lettuce or pita chips for scooping up the salad. Toss your favorite greens as a tasty topping for your sandwich!

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Servings</b>	<b>8</b>
<b>Calories</b>	140
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	200 mg
Carbohydrates	14 g
Dietary Fiber	3 g
Sugars	2 g
Protein	2 g
Potassium	108 mg
Vitamin A	2 %
Calcium	40 %
Vitamin C	135 %
Iron	6 %
Phosphorus	0 mg