



Tabouleh

Prep/cook time: 10 min.

Serves: 2

This chilled salad is perfect for a lunch or dinner. It is made with bulgur, a whole grain that tastes nutty. The crunch cucumbers and ripe tomatoes taste delicious tossed with mint and the lemon dressing!

Ingredients:

- 2 cups bulgur
- 2 cups very hot water
- 1 cucumber, chopped
- 1 small tomato, chopped
- 1 bunch green onions, chopped
- 1/2 cup fresh mint, chopped
- 2 cups chopped fresh parsley
- Sprinkle granulated garlic
- 1/2 cup fresh lemon juice
- 1 tablespoon olive oil
- Black pepper to taste

Directions:

Pour hot water over bulgur and allow to stand until water is absorbed, about 30 minutes.

Combine the rest of the ingredients in a large bowl and mix well.

Serve immediately or chill for future use, up to 3 days.

Serves 8. Each 1 cup serving: 160 calories, 2g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 23mg sodium, 32g carbohydrate, 8g fiber, 2g sugars, 0g added sugars, 5g protein

Health benefits of bulgur:

Like other whole grains, bulgur contains B vitamins and is a good source of iron, providing 10% of the daily value in 1 cup. Adding a food high in vitamin C (such as peppers, tomatoes or broccoli) to a non-animal source of iron improves the bioavailability. Berries or citrus fruit would do the same.

Bulgur has some key health benefits. In addition to being a good source of fiber (4 grams per ½ cup cooked), bulgur provides anti-oxidants such as phenols that may aid in disease reduction. Wheat-containing cereal grains such as bulgur have been associated with a reduction in the risk of esophageal and gastric cancers.