



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

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>3/4 cup (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1.5mg	<b>8%</b>
Potassium 250mg	<b>6%</b>
<small>* 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.</small>	

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