

Tabouleh

Courtesy of Oldways at <http://oldwayspt.org/>



An Oldways Recipe

This popular Mediterranean grain salad goes with all manner of grilled foods. Add diced tomatoes, olives, and chickpeas if you wish.

Ingredients:

- 1 ½ cups water
- 1 cup coarse bulgur
- ½ teaspoon salt, plus salt to taste
- Juice of 1 lemon or lime (about ¼ cup)
- 2 to 3 cloves garlic, minced
- ¼ cup extra-virgin olive oil
- 1 cucumber, peeled, seeded and minced
- 1 cup minced fresh flat-leaf parsley
- Freshly ground black pepper to taste
- ¼ cup crumbled feta cheese (optional)

Instructions:

1. Bring the water to a boil in a medium saucepan, stir in the bulgur and salt. Remove from the heat, cover, and let stand for 30 minutes or until all the water is absorbed.
2. Add the lemon juice, garlic, and olive oil and stir gently to mix. Transfer the bulgur to a bowl, cover with plastic wrap, and refrigerate for at least 1 hour or up to 8 hours. To serve, add the cucumber and parsley and season with salt and pepper to taste.

Nutritional Analysis:

Calories: 184, Fat: 10g, Sodium 266mg, Carbohydrate: 20g, Protein: 4g

Yield: 6 Servings