



Tabbouleh

Servings 6 | Prep time 30 mins. | Total time 50 mins.

Equipment: Medium bowl, Large pot, Colander

Utensils: Knife, Spoon, Mixing spoon

Ingredients

- 5 tablespoons lemon juice
- 1 cup bulgur wheat
- 1 1/2 cups boiling water
- 1 cup fresh parsley leaves, rinsed and chopped
- 3 green onions, thinly sliced
- 1 large tomato, diced
- 1 small cucumber, sliced lengthwise, seeds removed and diced
- 1/4 cup mint leaves, chopped (optional)
- 4 ounces feta cheese, crumbled (optional)
- 2 tablespoons olive oil OR vegetable oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pinch ground cayenne pepper OR paprika (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, fruits, and vegetables.
2. Combine lemon juice and hot water in a medium bowl. Add bulgur wheat. Cover and let rest until bulgur is soft and chewy, about 30 minutes.
3. Transfer bulgur to a colander and drain excess liquid. Return bulgur to bowl.
4. Add parsley, green onions, tomato, cucumber, oil, salt, black pepper, and cayenne or paprika (if using), to bowl. Mix well to combine.
5. If using feta and mint leaves, add now. Mix gently before serving.

Nutritional Information:

Calories 80
Total Fat 5g
Sodium 370mg
Total Carbs 10g
Protein 2g