Tabbouleh

Bulgur is a grain that has a nutty flavor. It becomes soft as it absorbs the liquid from the salad.

Servings: 4
Prep time: 30 minutes

Student Health Center Nutrition Services
726 Broadway, 4th Floor | 212-443-1122 | www.nyu.edu/health

Ingredients

1 cup bulgur
1 cup hot water
3 cups fresh flat leaf parsley, chopped
4 scallions
3 lemons
1 garlic clove
2 Tbsp olive oil
1/2 tsp salt
1/4 tsp pepper
3/4 cup diced tomatoes

*Nutrition info per serving: Calories: kcal 220; Fat 8g; Sodium 330mg; Carb 35g; Fiber 9g; Protein 6g; Vit A 80%; Vit C 140%; Calcium 10%; Iron 20%

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Directions

1. Put the bulgur in a medium bowl with 1 cup of hot water. The bulgur will absorb the water.
2. Wash the parsley in a colander under running water. Roll the herbs in paper towels to dry.
3. Wash the scallions and pat dry. On a cutting board, cut off the roots and slice the white portion into 1/4-inch slices. Finely chop the slices and discard the green tops.
4. Roll the lemons on a flat surface to loosen the membranes. Cut the lemons in half. Squeeze each lemon half over a measuring cup until you have 1/2 cup of juice. Remove seeds.
5. Peel the papery skin off the garlic clove. Slice the garlic with a paring knife and mince.
6. Combine the scallions, lemon juice, garlic, olive oil, salt, and pepper in a small bowl and whisk together. Fold the lemon juice mixture into the bulgur with a spoon. Add the tomatoes and continue stirring until well combined.