



Authentic Tabbouli



Start to finish time: 30 minutes

Number of servings: 8

Nutrition Facts

Serving size ½ cup

Amount per serving
Calories **66**

% Daily Value*

Total Fat 5.5g	7 %
Saturated Fat 0.8g	4 %
Trans Fat 0g	
Cholesterol 0g	0 %
Sodium 161mg	7 %
Total Carbohydrate 4.1g	1 %
Dietary Fiber 1.6g	6 %
Total Sugars 1.3g	
Includes 0g Added Sugar	0 %
Protein 1.2g	
Vitamin D 0mcg	0 %
Calcium 45mg	3 %
Iron 2mg	11 %
Potassium 234mg	5 %

* 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.

INGREDIENTS:

- 2 Medium ripe tomatoes (diced, about 1 cup)
- 2 Tablespoons #1 fine bulgur
- 3 Bunches curly parsley (remove from stems and finely chop, about 3 cups)
- ¼ Cup fresh mint (finely chopped)
- 3 Green onions (finely chopped)
- Juice of 1 medium lemon (about ¼ cup)
- 3 Tablespoons extra virgin olive oil
- ½ Teaspoon salt

DIRECTIONS:

1. Gather and prepare ingredients.
2. Add the bulgur to the tomatoes and mix.
3. In a large bowl, add the tomato mixture, green onion, and mint to the parsley. Mix well.
4. In a small measuring cup or bowl, mix the oil, lemon juice, and salt.
5. Pour the olive oil and lemon juice dressing over the parsley mixture and stir.
6. For a better flavor, let the mixture sit for 10 minutes before serving.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add the bulgur to the tomatoes and mix.



Step 3

In a large bowl, add the tomato mixture, green onion, and mint to the parsley. Mix well.



Step 4

In a small measuring cup or bowl, mix the oil, lemon juice, and salt.



Step 5

Pour the olive oil and lemon juice dressing over the parsley mixture and stir.



Step 6

For a better flavor, let the mixture sit for 10 minutes before serving.

SUBSTITUTIONS:

- 1 tablespoon of dried mint can be used in place of the fresh mint.

MSU EXTENSION NOTES:

- The bulgur may be rinsed in COLD water if desired.

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