



Tabouleh

Ingredients

- 2 cups bulgur wheat, uncooked
- 2 cups water
- 1 cucumber, chopped
- 1 tomato, chopped
- 1 bunch green onions, chopped
- ½ cup mint, chopped
- 2 cups parsley, chopped
- ½ cup lemon juice
- 1 tbsp. olive oil



Flip for step-by-step instructions



Instructions

1. Pour hot water over bulgur wheat, allow to absorb for 30 min.
2. Combine all other ingredients, mix well.
3. Combine bulgur wheat and vegetable mixture.

Source: Food Smarts Recipe Booklet