Tabouli

Tabouli is a refreshing vegan salad which originated in the Middle East. From a quick glance at the web, there are many variations of this recipe, however the one I have highlighted below has a wonderful combination of flavors and textures. It is rich in Vitamin C, folate, and beta-carotene, as well as dietary fiber. It makes the cut to be a Smart Move.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: Nancy’s home recipes

Tabouli

Serves: 8
Cook time: 15-20 minutes
Ready in 20 minutes

Ingredients

- 1 cup cracked (bulgar) wheat (couscous or quinoa can be substituted)
- 2 cups boiling water
- ¼ cup extra virgin olive oil
- ½ teaspoon salt or to taste
- 1 ½ cups chopped parsley
- ¼ cup chopped fresh mint
- ½ cup fresh lemon juice
- ¼ cup chopped cucumber
- 2 fresh large tomatoes, chopped
- ½ cup chopped green onion

Directions

1. In a heat resistant bowl, pour boiling water over the cracked wheat and let stand until soft. For fine bulgar, it will only take 15-20 minutes. For coarse bulgar, it might take a few hours. If you are unsure, then prepare the cracked wheat the night before.
2. Squeeze out any excess water from the hydrated bulgar.
3. Add the rest of the ingredients and mix well.
4. Serve with whole grain pita bread and hummus for a delicious Mediterranean meal.