

Tim's Tabouli

Serving Size: 1/8 of recipe

Serves: 8

Ingredients:

2 cups Bob's Red Mill bulgar cracked wheat, presoaked
5 tablespoons extra virgin olive oil
3-4 cloves garlic, minced
1 teaspoon coarse ground black pepper to taste
½ teaspoon salt
juice of 3 lemons
2 medium cucumbers, peeled and chopped
6 medium tomatoes, chopped
¾ cup chopped mint
2 cups chopped parsley
3 green onions, finely chopped

Directions:

To presoak bulgar wheat, combine 1 cup of bulgar wheat with 1 cup tap water and let stand 30 minutes. Yields 2 cups.

In a large bowl, mix the olive oil, garlic, pepper, salt and lemon juice. Add the presoaked bulgar stirring to blend well. Stir in the cucumbers, tomatoes, mint, parsley and onions thoroughly blending. Chill for one hour to blend flavors.

Exchanges per serving:

1 Starch, 1 Vegetable, 2 Fats

Nutrients per serving:

Calories: 176

Calories from fat: 84

Total Fat: 10g

Cholesterol: 0mg

Sodium: 166mg

Total Carbohydrate: 22g

Dietary Fiber: 6g

Protein: 4g