

Strawberry Tabbouleh

Ingredients

1/2 cup bulgur	1/4 cup fresh lemon juice + 1 tsp lemon zest
1/4 tsp pepper	1 1/2 cups strawberries, diced
1/3 cup mint leaves, finely chopped	1 1/2 cup parsley, finely chopped
1 large cucumber, peeled, seeded, diced	1/2 medium red onion, finely diced
1/2 tsp allspice (optional)	1/4 tsp sea salt (optional)

Instructions

1. Place bulgur in a small bowl and pour approx. 1 cup boiling water over bulgur to coat. Set aside to soak for about 20 minutes or until softened but still chewy.
2. Whisk together lemon juice, lemon zest, olive oil, and pepper.
3. In a large bowl, add the rest of the ingredients; mix well. Stir in dressing and toss to coat. Taste for seasoning.
4. Cover and refrigerate. The flavor will improve over time.

Kitchen Classroom

Bulgur wheat is a whole wheat grain that has been cracked and partially pre-cooked.

Instant bulgur, also called fine-grain bulgur is common in health food store bulk bins and is usually used for tabbouleh recipes. This type of bulgur cooks in less than 5 minutes. **Medium grain** and **coarse grain** are also available.

One cup of cooked bulgur wheat provides 151 calories, 0.4 grams of fat, 8.2 grams of fiber, and 5.6 grams of protein.

Nutrition Information per serving

Serving Size: 5 servings

Calories: 80

Fat: 0 gm

Sodium: 10 mg

Fiber: 4 gm

Carbohydrates: 19 gm

Protein: 3 gm

