

Tabouli

Lori McKenna

Tabouli is a simple Mediterranean salad of very finely chopped vegetables, lots of fresh parsley and bulgur wheat, all tossed with lemon juice and olive oil. A staple in my family!

Ingredients:

- 3/4 cup uncooked bulgur wheat (crushed wheat - bulgur #2)*
- 2 large bunches of parsley (approximately 1 qt. when finely chopped)
- 1 cup finely chopped mint (or 1/4 to 1/3 cup dried mint) optional
- 1/2 bunch green onions, with green ends, finely chopped
- 1 or 2 large tomatoes, finely chopped, with seeds removed
- 1 small dried onion, finely chopped (can substitute: 1 Tablespoon dried, chopped onion)
- 1/8 teaspoon cinnamon
- 2-3 teaspoons salt
- Pepper to taste
- ½ to 2/3 cup lemon juice, freshly squeezed (add lemon juice to taste)
- 1/2 cup olive oil
- *For Passover or a gluten-free option, substitute ¾ cup cooked Quinoa for bulgur wheat

Directions:

1. Rinse bulgur in cold water and drain well. Squeeze out excess water with hands (after bulgur is drained, squeeze it in your palm to extrude any excess water).
2. After you “squeeze” the water out of the bulgur, place each handful into a large mixing bowl.
3. Finely chop the parsley (do not use food processor), mint, green onions and tomatoes.
4. Place vegetables in layers on top of bulgur in the order given, leaving dried onions on one-half of the top layer and diced tomatoes** on the other half.
5. Add seasonings to the dried onions and mix thoroughly. Add lemon juice and toss with spoon and fork. Just before serving, add oil** and toss thoroughly.
5. This is traditionally eaten by hand. using very tender grape leaves, or romaine or iceberg lettuce, to pick up Tabouli in bite-size servings.

**Note: Tabouli may be prepared 1-2 hours ahead of time by omitting tomatoes and oil. Just cover with plastic wrap, refrigerate, and add the tomatoes and oil just before serving.

Makes 10 - ½ cup servings. Nutrition Facts below.



Nutrition Facts *
Serving size: 1/2 cup
Servings: 10

Amount per serving:

Calories	149
% Daily Value*	
Total Fat 10.7g	14%
Saturated Fat 1.6g	8%
Cholesterol 0mg	0%
Sodium 489mg	21%
Total Carbohydrate 13.1g	5%
Dietary Fiber 4.2g	15%
Total Sugars 1.9g	
Protein 2.9g	
Vitamin D 0mcg	0%
Calcium 66mg	5%
Iron 3mg	17%
Potassium 346mg	7%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000](#) calorie a day is used for general nutrition advice.*

**<https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>*