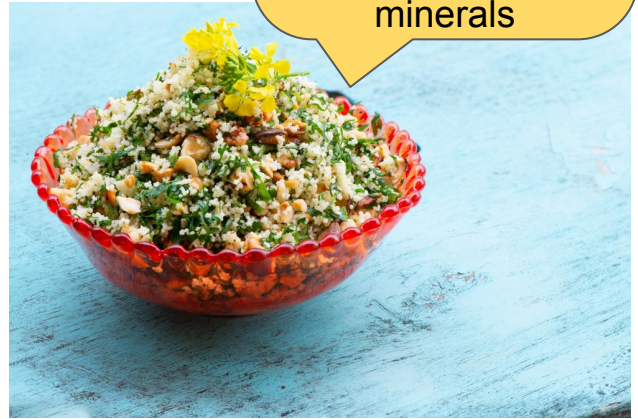


Bulgur Tabouli

Ingredients

- 1 1/2 cups bulgur
- 3/4 teaspoon salt
- 2 tomatoes, chopped
- 1 cucumber, diced
- 3 tablespoons olive oil
- 1/2 cup fresh mint leaves, chopped
- 1 bunch parsley, chopped
- Juice of 2-3 lemons
- Salt and pepper to taste

Nutrition Tip:
Bulgur is an ancient whole wheat grain that's packed with protein, fiber, vitamins and minerals



Directions

1. Bring 3 cups water and salt to boil, then add bulgur. Cover and let sit 15 minutes. Fluff with fork.
2. In a large bowl, mix together cucumber, tomato, olive oil, mint, and parsley. Toss in bulgur and season with salt, pepper, and lemon.

Recipe adapted CookWell Berkeley:

<https://uhs.berkeley.edu/sites/default/files/classicbulgurtabouli.pdf>

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