

Lebanese Tabouli



Serves 8

Ingredients:

- 1 cup bulgur, washed and drained
- 1 cup fresh lemon juice
- 1 ½ tsp salt
- 2 tbsp allspice
- ½ medium white onion, finely chopped
- 9 medium tomatoes, chopped
- 5 cups fresh parsley, finely chopped
- 1 cup fresh green min leaves, finely chopped
- ¼ cup extra-virgin olive oil

Procedure:

- Combine 1 cup boiling water to the bulgur in a small bowl; cover and let sit for 15 minutes.
- Add the lemon juice to the bulgur, and set aside for 5 minutes.
- Add the remaining ingredients except the olive oil to the bulgur and mix.
- Pour the olive oil over all, and mix thoroughly.

Per serving:

- Calories: 181
- Protein: 4 gm
- Carbohydrates: 25 gm
- Fat: 7 gm

Tabouli has many variations. This rich and hearty version is made with lots of fresh parsley.