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Tabbouleh

Calories per serving: 130 **# of servings:** 6 **Serving Size:** $\frac{2}{3}$ cups **Prep time:** 20 Mins

Cook time: 30 Mins

Materials:

- Colander
- Cutting board
- Measure cups
- Measuring spoons
- Medium bowl
- Plastic wrap
- Sharp knife

Ingredients

- 2 medium lemons
- 1 cup bulgur wheat
- 1 $\frac{1}{2}$ cups boiling water
- 1 cup fresh parsley
- 3 green onions
- 1 large tomato
- 1 small cucumber
- 2 Tablespoons canola oil
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- Pinch of ground cayenne pepper or paprika

Optional Ingredients:

- 4 ounces feta cheese
- $\frac{1}{4}$ cup mint leaves

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Directions

In Advance:

1. Rinse and cut lemons in half. In a medium bowl, squeeze juice. Discard seeds.
2. Add bulgur and boiling water to lemon juice. Cover and let rest until bulgur is soft and chewy, about 30 minutes.

Preparation:

3. Rinse parsley, green onions, tomato, and cucumber. If using mint leaves, rinse now.
4. Chop parsley. If using mint leaves, chop now.
5. Trim ends off green onions. Thinly slice, using white and green parts.
6. Remove core from tomato. Dice.
7. Slice cucumber in half lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber.
8. If using feta, dice now.
9. In a colander, drain excess liquid from bulgur mixture. Return bulgur to bowl.
10. Add parsley, green onions, tomato, cucumber, and remaining ingredients to bowl. Mix well to combine.
11. If using feta and mint leaves, add now. Mix gently before serving.