

Fall 2001 Recipes

Salads

Tabbouleh

This Middle Eastern salad is made with bulgur, a form of cracked wheat. Find bulgur in the pasta and rice aisle at your grocery store.

Serves 4

Provides 1 vegetable serving per person

- 1/2 cup dry bulgur
- 4 cups cold water
- 4 Roma tomatoes (1 1/2 cups)
- 1 red bell pepper (1 cup)
- 1/2 cup chopped parsley
- 1 tablespoon extra virgin olive oil
- 3 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

1. In a bowl, cover the bulgur with the boiling water and soak 30 minutes.

2. While it's soaking, chop the tomatoes and bell pepper in small pieces.

3. After 30 minutes, pour the bulgur into a sieve lined with a clean thin kitchen towel. Pick up the corners of the towel and squeeze the bulgur until it's quite dry. Tip into a bowl and add the chopped vegetables, parsley, oil, lemon juice, salt, and pepper. Mix thoroughly and let sit 30 minutes to mellow.

Nutritional Analysis

Per Serving:

132 calories
4 g fat
28% calories from fat
1 g saturated fat
7% calories from saturated fat
23 g carbohydrates
298 mg sodium
6 g dietary fiber