

TABBOULEH SALAD WITH LEMON-GARLIC DRESSING

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthServices/health/nutrition/recipes.aspx>

Ingredients

- ¾ cups uncooked fine-grained cracked bulgur wheat
- 1 ½ cups boiling water
- Lemon Garlic Dressing (see recipe below)
- 3 tomatoes, chopped
- 6 green onions, chopped
- 1 medium red bell pepper, seeded and chopped
- 1 cup chopped cucumber
- ¾ cup fresh cilantro, chopped
- 3 Tbsp. chopped fresh mint
- 1 can (15 to 16 oz.) garbanzo beans, drained

Lemon-Garlic Dressing Ingredients

- ¼ cup fresh squeezed lemon juice
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. fresh ground pepper
- 3 cloves garlic, chopped

Directions

1. Place bulgur in a medium bowl and then add boiling water. Stir then let stand for 1 hour. Pour off any excess water and fluff with a fork.
2. Stir in vegetables and garbanzo beans with the bulgur then toss with the dressing.

Makes 4 servings.

Nutritional information per serving (4 servings)

Calories: 291

Calories from fat: 48

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 0 mg

Sodium: 621mg

Total Carbohydrates: 55g

Dietary Fiber: 12g

Sugars: 0g

Protein: 10g

Vitamin A: 50%

Vitamin C: 155%

Calcium: 8%

Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center