

Bulgur Tabbouleh



Ingredients

- 1 cup bulgur wheat
- 2 cups fresh parsley, chopped
- 1 large tomato, diced
- Juice from 2 lemons
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon salt and pepper

Instructions

- Boil 1½ cups of water. Pour boiled water over bulgur in a large bowl. Cover and set aside until soft and chewy, about 30 minutes.
- In a colander, drain excess liquid from bulgur mixture.
- Add parsley, tomato, lemon juice, olive oil, salt and pepper to bulgur.
- Serve chilled.
- Optional: Add a pinch of cayenne pepper or paprika.

Fun Fact about this *out of ordinary* healthful ingredient and its interesting health benefits:

- When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur.
- Because bulgur has been pre-cooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat, making it an extremely nutritious fast food for quick side dishes, pilafs or salads.
- Bulgur has more fiber than quinoa, oats, millet, buckwheat or corn. Its quick cooking time and mild flavor make it ideal for those new to whole grain cooking.

For more information about eating healthy,
you may contact your health coach at
wellness@carehere.com or call 877.866.6430.

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