

Tabouleh

½ cup medium grain bulgur

1 ¼ cups water

5 cups loosely packed, roughly chopped parsley (about 1 bunch regular or 3 bunches flat leaf)

4 Roma tomatoes, diced

¼ cup green onions, chopped (about 4 small green onions)

½ cup loosely packed, roughly chopped mint leaves

1 (15.5 oz) can chick peas

1 (15.5 oz) can lentils

Dressing:

¼ cup lemon juice

2 large cloves garlic, minced

½ teaspoon Kosher salt

1 tablespoon extra-virgin olive oil

Bring water to a boil. Pour in bulgur, stir, cover and turn off heat. Let stand for 20-25 minutes or until most of the liquid is absorbed and bulgur is fluffy and tender.

While bulgur is soaking, prepare parsley, mint leaves, green onions, and tomatoes. In a small, non reactive bowl, whisk together lemon juice, garlic, salt and oil.

In a large salad bowl, toss together parsley, tomatoes, green onions and mint. Add bulgur. Add beans. Pour dressing over salad. Toss to combine.

Yield: 10 (1 cup) servings

Prep Time: 40 minutes

145 kcal

1 g fat

9 g fiber

27 g carbohydrate

0 g saturated fat

1500 mg sodium

8 g protein

0 g trans fat

High in dietary fiber, folate, vitamin C, Vitamin A, Iron

Good source of thiamin, nicin, vitamin B6, magnesium, potassium, and zinc

Low in fat

Free of saturated and trans fats

Exchanges: 1 lean meat; 1 starch; 1 nonstarchy vegetable