

Tabbouleh

1 cup bulgur wheat
¼ cup chopped sundried tomatoes
½ cup diced cucumber
3 Tablespoons fresh lemon juice
2 Tablespoons olive oil
2 cloves garlic, chopped
Salt
Pepper
1 cup diced fresh tomato
1 cup chopped parsley
1 Tablespoon chopped fresh mint

Bring 1 cup water to a boil in a small saucepan. Add bulgur and sundried tomatoes, cover, remove from heat, and let stand 25 minutes.

In small bowl, whisk together lemon juice, olive oil, garlic, salt and pepper to taste. Transfer bulgur to a large bowl, add lemon juice mixture, and fluff with a fork to blend. Stir in tomatoes, cucumbers, parsley and mint. Serve.

Serves 6. One Serving=1 cup

Calories 150 Fat 10g Carbohydrates 14g Fiber 3g Protein 3g Sodium 55mg