



Tabouleh Recipe

Tabouleh/تبولة/Tabūlah is a salad traditionally made in the Arab world particularly Syria, Jordan, Lebanon & Palestine and is served as part of a mezze. It was adopted by Cypriots, Turks & Armenians. Tabouleh with its different variations have become a popular healthy ethnic food all over the world. Tabbūle is derived from the Arabic word "tabil" meaning: to season and spice.



Basic Ingredients (4 cups)

- ½ cup cracked wheat/burgul/pligouri
- ¼ teaspoon salt
- 1 cup boiling-hot water
- 2 cups finely chopped fresh parsley (2 bunches)
- 1/2 cup finely chopped fresh mint (1/2 bunch)
- 2 spring onions or 1 dry onion
- 1 big cucumber
- 2 medium tomatoes
- ½ teaspoon dry mint
- ½ teaspoon salt
- ¼ teaspoon ground pepper (any color)
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil

Variation Ingredients

Lettuce, Yellow & Orange Peppers, Hot chili peppers, Carrots, Sweet Paprika, Lemon/lime zest

Directions

Stir bulgur, salt, boiling water & let stand for 15'. Drain excess water. Meanwhile: chop the rest of the ingredients, mixing well every time you add a new item to the main bowl. Transfer bulgur to the bowl and add dry mint, salt, pepper, lemon juice & olive oil. Chill and serve 3 hours after preparation. Cover and refrigerate for up to 2 days.

Nutritional values per 1 cup

Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics
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| Energy: | 166 calories |
| Total fat: | 9.6g |
| Cholesterol: | 0mg |
| Sodium: | 307mg |
| Total carbs: | 19.1g |
| Dietary fiber: | 4.6g |
| Protein: | 3.5g |