

tabbouleh

pictured on page 148

Prep 20 minutes plus standing

Makes about 4 cups or 6 accompaniment servings

- 1 cup bulgur (cracked wheat)**
- 2 medium plum tomatoes (about 6 ounces), coarsely chopped**
- 2 green onions, thinly sliced**
- 2 cups loosely packed fresh parsley leaves, chopped**
- 1 cup loosely packed fresh mint leaves, chopped ▶**

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- 1/3 cup fresh lemon juice**
- 1/4 cup extra virgin olive oil**
- Salt**

- 1.** In medium bowl, place bulgur and enough water to cover by 2 inches; soak at room temperature 1 hour. Drain bulgur in sieve, then rinse under cold running water. Drain well and return to bowl.
- 2.** Stir tomatoes, green onions, parsley, mint, lemon juice, oil, and 3/4 teaspoon salt into bulgur until evenly mixed. If not serving right away, cover and refrigerate up to 1 day.

>> Each serving: About 185 calories, 4 g protein, 23 g carbohydrate, 10 g total fat (1 g saturated), 7 g fiber, 0 mg cholesterol, 315 mg sodium.