



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Tabbouleh



1 cup dry bulgur wheat
3 green onions, chopped
1 small cucumber, chopped
1 tomato, chopped
1 cup chopped herbs, such as parsley,
cilantro, and/or mint

1/4 cup olive oil
Juice and zest of 1 lemon
1 clove garlic, minced
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Instructions: Wash hands with soap and water. Follow package directions on cooking bulgur. If excess water remains, drain water. Add green onions, cucumber, tomato, and herbs to the cooked bulgur. Mix oil, lemon juice, lemon zest, garlic, salt, and pepper in a separate bowl. Add lemon mixture into bulgur and stir to combine. Excess dressing will be absorbed with time. Cover and refrigerate. Use within 3-4 days.

Yield: 6 servings

Nutrition Facts (per serving): 170 calories, 9 grams fat, 105 milligrams sodium, 21 grams carbohydrate, 4 grams fiber, 4 grams protein