



Tabouli

Serves 6

½ cup bulgur wheat (cracked wheat)

¾ cup hot water

1 Tbsp. light soy sauce (more or less to taste)

4 Tbsp. lemon juice

4 Tbsp. olive oil

1 cup chopped fresh cilantro or parsley (more or less to taste)

1 tomato, chopped

1 cucumber, peeled, seeded, and chopped

Cumin, salt, and pepper to taste

Directions

1. Mix hot water with bulgur wheat. Cover and let rest for at least 1 hour or overnight.
2. Mix bulgur wheat with soy sauce, lemon juice, olive oil, cilantro, tomatoes, cucumber, and seasonings.
3. Cover and let rest in the refrigerator overnight for best taste.

Recipe adapted from Operation Frontline

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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