

Lemon Tabbouleh

Makes: 12 servings



Total Time: 55 minutes

Ingredients:

- 1 cup bulgur wheat
- 1 ½ cups boiling water
- Juice from 2 lemons
- ¼ cup D'Avolio's Lemon Fused Olive Oil
- 1 cup minced scallions, white and green parts
- 1 cup chopped parsley
- 1 cup chopped mint
- 1 cucumber, seeded and chopped
- 2 cups cherry tomatoes, halved
- Salt and pepper to taste

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PREPARATION

1. **Place bulgur in a large bowl.** Carefully pour boiling water over grain, then add lemon juice, stir to combine and cover. Allow to sit at room temperature for about 1 hour. Pour D'Avolio's Lemon Fused Olive Oil over soaked grains and fluff with a fork.
2. **Add scallions, parsley, mint, cucumber, and tomato** to the bulgur mixture. Toss to evenly combine. Add salt and pepper to taste if desired. Cover and refrigerate. Serve chilled.

Nutrition: 100 calories; 4.5g fat (0.5g saturated); 13g carbohydrates; 2g protein; 3g fiber; 60mg sodium