

Low-Point Tabbouleh Salad

Ingredients:

- 2 1/2 cups boiling water
- 1 1/2 cups uncooked bulgar wheat
- 2 cups chopped fresh flat-leaf parsley
- 1 cup diced seeded tomato
- 3/4 cup diced green onions
- 1/4 cup chopped fresh mint
- 6 Tbs lemon juice
- 2 Tbs olive oil
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 1/4 tsp. ground cumin
- 1/4 tsp. dried cilantro

Combine 2 1/2 cups boiling water and bulgur in a large bowl; cover and let stand for 1 hour. Add parsley and the remaining ingredients to bulgur and toss well. Cover and chill at least 2 hours (if you can). This was difficult for me as I started eating it right away. :) Enjoy!

Total servings - 10 (1/2 cups)

Serving size - 1/2 cup

Total points per serving - 2

Total points plus per serving - 2.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Never sacrifice what you want the most for what you want in the moment." - Anonymous