



## INGREDIENTS

- 1 Cup Fine Bulgur Wheat (uncooked)
- 4 Cups Fresh Parsley
- 1 Cup Fresh Mint Leaves
- ½ Cup Green Onions (thinly sliced)
- 1 Cup Tomatoes (seeded and diced)
- 3 Tablespoons Olive Oil
- 3 Tablespoons Lemon Juice (plus more to taste)
- Salt (to taste)
- Pepper (to taste)

## DIRECTIONS

1. Pour 4 cups of boiling water over fine bulgur wheat and let it soften for 15-30 minutes. Drain using a fine-mesh strainer and set aside to cool.
2. Remove tough stems and finely chop the parsley and mint, or pulse in a food processor until minced. Transfer to a large bowl.
3. Add the cooled bulgur, minced herbs, green onions, and diced tomatoes to the bowl. Mix gently until evenly combined.
4. In a separate bowl, whisk together olive oil, lemon juice, salt and pepper until well blended.
5. Pour the dressing over the salad mixture and toss everything together until well coated. Adjust seasoning if desired.
6. Cover and refrigerate for 30-60 minutes to allow flavors to meld.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Snack

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** 1 Cup

**Preschool:** 1 Cup

**School Age:** 2 Cups

**Adult:** 2 Cups