

Mediterranean Tabbouleh

1 cup bulgur	1 cup chopped sweet onion
2 cups boiling water	2 green onions, thinly sliced
5 garlic cloves, unpeeled	1/2 cup minced fresh parsley
5 tablespoons olive oil, divided	2 tablespoons minced fresh cilantro
1/2 pound peeled and deveined cooked medium shrimp, chopped	3 tablespoons lemon juice
3 medium tomatoes, seeded and chopped	1/2 teaspoon salt
1 medium cucumber, chopped	1/4 teaspoon pepper

Place bulgur in a large bowl. Stir in boiling water. Cover and let stand for 30 minutes or until most of the liquid is absorbed.

Meanwhile, place garlic on a double thickness of heavy-duty foil. Drizzle with 1/2 teaspoon oil. Wrap foil around garlic. Bake at 425° for 15-20 minutes. Cool for 10-15 minutes.

Drain bulgur well; transfer to a large serving bowl. Stir in the shrimp, tomatoes, cucumber, onion, green onions, parsley and cilantro. Squeeze softened garlic into a small bowl and mash. Whisk in the lemon juice, salt, pepper and remaining oil; drizzle over salad. Toss to coat. Chill until serving.

Yield: 8 servings. Each serving contains approximately 195 calories.

Parker Dickenson

Panola County

Senior – Fruit and Vegetable