



TABBOULEH

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It's refreshing and healthy.

DIRECTIONS:

1. chop the parsley, onions and tomatoes
2. soak bulgur in cold water for 5 minutes, add to the chopped parsley
3. add squeezed lemon, salt and olive to the ingredients.

INGREDIENTS:

2 bunches of fresh parsley

1/4 bulgur

4 medium tomatoes diced

1 small red onion diced

1 lemon

½ tsp salt

1/3 olive oil