



Red Pepper Tabouli

INGREDIENTS:

- 1 cup bulgur (you can sub for quinoa or cous cous)
- 1 tsp olive oil
- 2 red peppers, diced into 1/4-inch pieces (2 cups)
- 2 stalks celery, diced into 1/4-inch pieces (1 cup)
- 1/2 tsp dried basil
- 1/4 tsp sea salt
- 3 cloves garlic, minced
- 1 bunch parsley, minced (1 cup)

DRESSING

- Juice 1 lemon (about 1/4 cup)
- 1 tbsp olive oil
- 1 tsp balsamic vinegar

INSTRUCTIONS:

1. In a medium-size heatproof bowl with lid, pour 2 cups boiling water over bulgur. Cover and place in refrigerator for 45 minutes.
2. Pour oil into a large nonstick skillet. Add peppers and celery, sprinkle with basil and salt, and sauté on medium-high heat for 3 minutes. Add garlic and sauté another 2 minutes. Remove from heat.
3. In another small bowl, stir together lemon juice, oil and vinegar for the dressing.

4. When bulgur is finished soaking and water is absorbed, spoon it into a large bowl with the sautéed red pepper and celery. Add parsley. Pour dressing over and stir gently.

Nutrients per 3/4-cup serving: Calories: 93, Total Fat: 2 g, Sat. Fat: 0 g, Carbs: 17 g, Fiber: 4 g, Sugars: 2 g, Protein: 3 g, Sodium: 89 mg, Cholesterol: 17 mg