

Zucchini Bread Recipes

Fast and Fresh Tabouli Salad

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Middle Eastern** Cuisine	**Salad** Course

Ingredients

Salad Base

- [ ] 1 cup fine-grade bulgur
- [ ] 2 cups fresh parsley, chopped
- [ ] 1/2 cup fresh mint leaves, torn
- [ ] 2 medium tomatoes, diced
- [ ] 1 cucumber, seedless and diced
- [ ] 4 green onions, thinly sliced

Dressing

- [ ] 1/3 cup extra-virgin olive oil
- [ ] 1/4 cup freshly squeezed lemon juice
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper

Instructions

1. Place bulgur in a bowl, cover with warm water, and let it soak for 10 minutes until soft; drain any excess water.



2. In a large mixing bowl, combine chopped parsley, mint, diced tomatoes, cucumber, and green onions.



3. Add the softened bulgur to the herb mixture and toss gently.



4. Whisk together olive oil, lemon juice, salt, and pepper; drizzle over the salad and toss until everything is lightly coated.



5 Let the salad rest for a few minutes, then serve at room temperature or slightly chilled.



Nutrition per serving

180 kcal	4 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems dry, add a splash more olive oil or lemon juice.
- Taste and adjust seasoning before serving; a pinch more salt can brighten flavors.
- For extra freshness, add a handful of arugula just before serving.