



Melon Tabbouleh

Ingredients (Serves 6-8. Prep time: 30-40 minutes.)

¼ cup bulgur*	¼ cup lemon juice (about 2 lemons)
1 cup boiling water	Salt and ground black pepper, to taste
1 large bunch curly parsley, washed and finely chopped	Pinch of cayenne pepper
2 cups honeydew melon, seeded, peeled, and diced	½ cup diced red bell pepper (optional, for garnish)
1 bunch scallions, sliced thin	
2 tablespoons fresh mint, minced (about ½ ounce)	

Preparation

In a small bowl, pour the boiling water over the bulgur and let it sit for 15-20 minutes, until the water is absorbed and the bulgur is tender. Allow the bulgur to cool. Mix the parsley, melon, scallions, mint, lemon juice, salt, pepper, and cayenne in a large bowl. Toss with the cooled bulgur. Garnish with diced red pepper.

*Bulgur is a quick-cooking form of whole wheat; unlike cracked wheat, it has been parboiled. Bulgur has a nutty, earthy flavor, and can be found in your co-op's bulk department or packaged grains section.

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Ingredient checklist

PRODUCE

- Curly parsley
- Fresh mint
- Honeydew melon
- Red bell pepper
- Scallions
- Lemon

BULK

- Bulgur

SPICES/SEASONINGS

- Cayenne pepper
- Sea salt
- Black pepper

Serving suggestion

Enjoy this light, summery Middle Eastern salad with stuffed grape leaves or serve with grilled meats, poultry or kabobs.

Nutritional information per serving

93 calories	21 g carbohydrate
0 g fat	5 g fiber
0 mg cholesterol	3 g protein
17 mg sodium	

The nutritional values and information provided are approximations.