

Suitland Dine & Learn  
February 2018: Heart Health for your Sweetheart

**Tabbouleh with Chicken and Red Pepper**  
Courtesy of Chef Nadine of Nutrition Synergies, LLC

**Ingredients**

- ½ cup uncooked bulgur
- ½ cup boiling water
- 1 ½ cup diced plum tomato
- ¾ cup shredded cooked chicken breast
- ¾ cup minced fresh flat-leaf parsley
- ½ cup finely chopped red bell pepper
- ½ cup diced English cucumber
- ¼ cup minced fresh mint
- 1 ½ tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt

**Directions**

1. Combine bulgur and 1/2 cup boiling water in a large bowl. Cover and let stand 15 minutes or until the bulgur is tender. Drain well; return bulgur to bowl. Cool.
2. Add tomato and remaining ingredients; toss well.

<b>Nutrition Information</b>	<i>Amount Per Serving</i>	
Serving Size: approx. 1 1/4 cup	<b>Total Fat:</b> 4.7 g	<b>Total Carbs:</b> 16.9 g
<b>Calories:</b> 150	<b>Cholesterol:</b> 22 mg	<b>Dietary Fiber:</b> 4.5 g
	<b>Sodium:</b> 326 mg	<b>Protein:</b> 11.2 g



**HEALTH TIPS**

Bulgur is a whole grain, not to be confused with cracked wheat. Whole grains are naturally **high-fiber**, **low-fat**, and **low-calorie**. This vegetarian and vegan ingredient contains wheat, which means it is **not** suitable for gluten-free diets, but it can be easily substituted with another whole grain, quinoa. Bulgur is parboiled, or pre-cooked, which makes it quick and easy to prepare. You can take it up a notch by adding other-heart healthy foods such as the other tabbouleh ingredients or stir-fry vegetables and salmon, which is high in vitamins, minerals, protein, and fatty-acids.