

# Southwestern Tabbouleh Salad

1 cup uncooked Bulgur Wheat  
2 tomatoes, chopped  
1 can black beans, rinsed, drained  
1/4 cup chopped fresh cilantro  
1/2 tsp grated lime rind  
1/4 cup fresh lime juice  
2 Tbsp olive oil  
1/2 tsp. Ground cumin  
1/2 tsp. Ground red pepper  
1 can no salt added corn kernels,  
drained  
1/4 tsp Salt

1 cup boiling water  
4 green onions, chopped



Place bulgur in a large bowl, and add 1 cup boiling water. Cover and let stand 30 minutes. Add chopped tomato and remaining ingredients to bulgur. Toss gently. Chill up to 8

## Nutritional Analysis:

Calories: 157 (24% from fat) Fat: 4g (sat 0.6g, mono 2.8g, poly 0.6g) Protein: 4g Carbohydrate: 28g Fiber: 6.7g Cholesterol: 0.0mg Iron: 1.3mg Sodium: 226mg Calcium: 24mg



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