

Tabbouleh with Grilled Vegetables - August 2005 Recipe of the Month

- 1 cup bulgur
- $\frac{3}{4}$ tsp salt, divided (optional)
- 1 cup boiling water
- 2 medium zucchini, cut lengthwise into $\frac{1}{2}$ inch thick slabs
- 2 sweet onions, such as Vidalia, cut into $\frac{1}{2}$ inch thick rounds
- 3 large Portobello mushroom caps, wiped clean
- 2 cups cherry tomatoes
- 3 Tbsp extra-virgin olive oil, divided
- Freshly ground pepper to taste
- $\frac{1}{2}$ cup chopped walnuts
- 3 Tbsp lemon juice
- $\frac{1}{2}$ cup chopped fresh parsley and $\frac{1}{2}$ cup chopped fresh mint

1. Place bulgur and $\frac{1}{2}$ teaspoon salt in a large bowl. Add boiling water and stir. Cover with plastic wrap and let soak until tender and liquid has been absorbed, about 30 minutes.
2. Meanwhile, preheat grill to medium-high. Place a fine mesh nonstick grill topper on the grill to heat. Place zucchini, onions, portabellas and tomatoes in a single layer on a baking sheet. Brush both sides with 1 tablespoon oil and sprinkle with remaining $\frac{1}{4}$ teaspoon salt and pepper. Working in batches, grill the vegetables until tender, turning once or twice. Allow 8-10 minutes for zucchini and onions, 6-8 minutes for mushrooms, and 2-3 minutes for tomatoes.
3. Toast walnuts in a small dry skillet over medium low heat, stirring constantly, until fragrant, 2-3 minutes. When the vegetables are cool enough to handle, coarsely chop the zucchini, onions and mushrooms. Cut the tomatoes in half.
4. When the bulgur is tender, add the remaining 2 tablespoons oil, lemon juice, parsley and mint; toss to mix. Add the vegetables and toss. Sprinkle with walnuts.

Makes 8 servings, about 1 cup each.

Per serving: 167 calories; 8 grams fat (1 gram saturated, 5 grams monounsaturated); 0 mg cholesterol; 21 grams carbohydrate; 5 grams protein; 6 grams fiber; 232 mg sodium (with salt).

This recipe is adapted from our new "Cookbook of the Quarter," *The Essential Eating Well Cookbook*, available at Barnes & Noble.

This recipe is a great cold salad that can be served as a side dish or a main entrée. The cookbook had recommended adding 2 cups of diced chicken breast for extra protein. Oven roasting the vegetables at 425° can take the place of grilling. The fresh parsley and mint create a nice cool blend for a hot summer day. Fresh mint may be difficult to find in grocery stores, so it may be helpful to call ahead and check on its availability. Mint is a wonderful and easy addition to a garden. Left over mint leaves added to water creates a refreshing beverage. Enjoy this delicious recipe!!

Your Partners in Health,
Laura and Candace