

SALAD

Serves: 2 - 4

Glycemic Load: 7



Tabbouleh

Ingredients:

1 cup of [bulgur wheat](#)
1 ¼ cup of boiling water
Juice of 1 lemon
2 Tbsp olive oil
1 cup chopped parsley
¼ chopped onion
2 diced tomatoes
salt and pepper

Method:

Place bulgur wheat in a bowl and pour over boiling water.
Cover and leave for 10-15 minutes or until the water is absorbed
Add all remaining ingredients and mix well