

Whole Grain Lunch/Dinner Recipe

Rice Cooker

Tabouli



Ingredient	Approx. Cost*
Bulgur (1 lb box), cooked	\$1.99
1/2 cup toasted slivered almonds (6 oz bag)	\$2.32
4 tablespoons olive oil	\$1.80
Juice of 1 lemon	\$0.89
1 pint grape tomatoes, halved	\$2.99
Fresh parsley	\$0.99
Seasonings (salt, cumin, pepper, balsamic vinegar)	\$1.00**
Total	\$11.98

of servings: 8 1 cup servings. **Cost per serving: \$1.49**

*Based on Peapod's on-line pricing as of 2/09.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Stir together ingredients and serve. This hearty salad is great on its own, but the addition of roasted or grilled vegetables can make it a real WOW picnic or party dish. Try adding grilled or roasted vegetables such as red, yellow or orange peppers, zucchini or summer squash or eggplant. The toasted almonds can be changed out for toasted pine nuts. Toss in a little chopped mint and a sprinkling of feta or goat cheese. When making additions, remember to taste for seasonings and make any adjustments to balance salt, pepper, lemon juice, vinegar and olive oil.

Nutritional Information per 1 cup Serving:

Calories	275
Total Fat	13g
Saturated Fat	1.5g
% of daily total	0.7%
Carbohydrates	36g
Protein	8g
Fiber	9.5g

	% of daily total
Vit A	6.6%
Vit C:	22%
Calcium:	6%
Iron	11%
Good source of*	Vitamin E, Magnesium, B vitamins and Zinc
*(10% or more of the RDA)	

based on 2000 calorie diet

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