

Alternative Tabbouleh (Tabouli)

This is not traditional middle-eastern tabbouleh and does not contain any parsley. It features broccoli, cranberries, cucumber, and fresh mint. Not only is this salad delicious, but it is also packed with nutrients.

Recipe by Ruben Michel | Created on **Nov 15, 2021**

Ingredients

- 1 cup water
- ¼ cup lemon juice
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh mint, or more to taste
- 1 teaspoon salt, or more to taste
- black pepper to taste
- 1 cup bulgur wheat
- 1 large tomato, diced
- 1 cucumber, diced
- ½ red onion, diced
- 1 cup finely chopped broccoli florets
- ½ cup dried cranberries

Directions

- Stir water, lemon juice, olive oil, mint, salt, and pepper together in a large container with a lid; add bulgur wheat, stir to coat, and soak in refrigerator until bulgur is soft, 3 hours to overnight.
- Mix tomato, cucumber, red onion, broccoli, and dried cranberries together in a large bowl; add bulgur wheat mixture and stir to coat.

Nutrition Facts

Serving: **8 servings** | Calories: **130.4 kcal** | Carbohydrates: **23.8 g** | Protein: **3 g** | Saturated fat: **0.5 g** | Sodium: **300.5 mg** | Fiber: **4.5 g** | Sugar: **6.8 g**

Categories

Salad

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Tabbouleh