

Sweet Potato and Bulgur Tabbouleh Salad

Yield: 8 servings

Ingredients

Bulgur Wheat:

- 1 cup bulgur wheat
- 2 cups water

Sweet Potato Tabbouleh Salad

- 2 sweet potatoes, peeled and diced
- 2 bunches curly parsley, chopped
- 1 cup red onion, diced
- 2 large tomatoes, diced
- 2 lemons, juiced
- 2 tablespoons nondairy almond yogurt
- 1 teaspoon kosher salt
- 2 teaspoons black pepper
- 3 tablespoons ground flaxseed

Instructions

Bulgur Wheat

1. Add bulgur to water, bring to boil, reduce heat, cover and simmer 15 to 20 minutes until liquid is absorbed; fluff with a fork.

Sweet Potato and Bulgur Tabbouleh Salad

2. Simmer the diced sweet potatoes in water until tender. Once done, remove excess water and chill the potatoes.
3. In the meantime add parsley, onion and tomatoes to a mixing bowl.
4. In a separate bowl whisk together lemon juice, nondairy almond yogurt, salt and ground flaxseed.
5. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt and pepper for overall flavor, or nondairy almond yogurt for creaminess.
6. Toss with chilled sweet potatoes, curly parsley, red onions and red bell peppers.
7. Serve over cooked bulgur wheat or toss the bulgur wheat with the salad.

Nutrition Information **Serving Size: 1 cup**

Calories: 111 | Total Fat: 1 g | Saturated Fat: 0 g | Sodium: 287 mg
Total Carbohydrate: 23 g | Dietary Fiber: 5 g | Sugars: 6 g | Protein: 3 g

Recipe inspired by Dana Schultz at minimalistbaker.com. Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.



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