



Brainy Tabouleh

Yield: 4 servings

Ingredients

½ cup bulgur wheat
1 ½ cups diced tomato
1 ½ cups diced cucumber
½ cup sliced green onions
⅓ cup chopped arugula
⅓ cup pomegranate seeds
¼ cup chopped fresh mint
¼ cup chopped fresh parsley
1 ½ tablespoons hemp seeds
½ ripe avocado
¼ cup lemon juice
2 tablespoons tahini
1 garlic clove, crushed
⅓ teaspoon kosher salt
¼ teaspoon ground black pepper

Instructions

1. In a small pot add bulgur wheat and 1 cup of water, bring to a boil, cover and reduce heat to a simmer. Cook for 12-15 minutes or until tender.
2. Add cooked bulgur to large bowl and let cool to room temperature. Once cool add tomato, cucumber, green onions, arugula, pomegranate, mint, parsley and hemp seeds.
3. To make the dressing add avocado, lemon juice, tahini, garlic, salt and pepper to a small blender or food processor, blend until smooth adding small amounts of water if needed.
4. Toss dressing with salad until combined.

Nutrition Information

Serving Size: ¼ of recipe

Calories: 196
Total Fat: 8.9 g
Saturated Fat: 1.1 g
Monounsaturated Fat: 3.4 g
Polyunsaturated Fat: 3.6 g
Sodium: 174 mg
Total Carbohydrate: 26 g
Dietary Fiber: 6 g
Sugars: 5 g
Protein: 6.5 g

Source: Adapted from The 30-Day Alzheimer's Solution

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