

TABBOULEH SALAD WITH WHITE BEANS

INGREDIENTS

½ cup coarse bulgur
½ cup boiling water
juice from 1 lemon
½ cup fresh parsley, chopped
¼ cup fresh mint, chopped
½ cup scallions, chopped
¼ cup chopped fresh thyme
1 medium cucumber, cubed
1 medium tomato, cubed
1 can small white beans, drained
2 romaine lettuce leaves, finely chopped
1-2 tsp aminos
½ tsp black pepper

DIRECTIONS

1. Cook bulgur as directed on package.
2. Mix lemon juice, parsley, mint, scallions, and thyme into bulgur, and let sit.
3. Mix cucumber, tomato, lettuce, and beans in a medium bowl.
4. Add bulgur mixture and stir until combined. Add salt and pepper to taste.

