

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



### **Mediterranean Citrus Tabouli**

*Serves 4-6 as a side dish*

Tabouli might feel like uncharted territory to some, but we guarantee that this light and bright Mediterranean Citrus Tabouli will be devoured quickly once assembled! The delicate parsley flavors, finely chopped vegetables, and hearty cooked bulgur are complemented to perfection by a zesty citrus trio of lemon, lime, and orange.

#### ***Ingredients:***

1 cup bulgur  
2 cups chicken broth  
1/2 cup Roma tomatoes, finely diced  
1 cup cucumber, 1/4-inch dice  
1/2 cup red onion, 1/4-inch dice  
1 clove garlic, finely minced  
1 cup fresh parsley, minced  
1/2 cup fresh mint, minced  
1 orange, zested, supremed, and juice retained  
1 lemon, zested and juiced  
1 lime, zested and juiced  
2 tablespoons olive oil  
1/2 teaspoon Kosher salt  
1/4 cup pine nuts, toasted

#### ***Directions:***

1. In a medium saucepan, bring the bulgur and chicken broth to a boil, then reduce the heat to low. Cover, and simmer for 15 to 20 minutes. Once the liquid is completely absorbed, fluff the cooked bulgur with a fork and allow to cool to room temperature. (The bulgur may be cooked ahead of time and refrigerated until time to assemble the salad.)
2. Dice the tomatoes, cucumber, red onion, and garlic. Mince the parsley and mint.
3. Zest the orange. Then, remove the orange sections by removing the peel, then carefully cutting each section from the pith. Squeeze out any remaining juice from the peel and pith, and reserve. Similarly, zest and juice the lime and the lemon.
3. Toast the pine nuts in a small skillet on the stovetop over medium low heat. Continuously stir or shake to evenly toast until just golden.
5. Combine all of the ingredients together in a large bowl and mix until evenly combined. Cover and chill for 30 minutes to allow the flavors to meld.