

## Asparagus Tabbouleh

HANDS-ON TIME: 20 min

TOTAL TIME: 1 hour 40 MIN; SERVES 6: 3/4 cup each

### INGREDIENTS:

- 1/2 cup bulgar
- 8 oz asparagus, trimmed, very finely chopped
- 1 cup pomegranate seeds
- 3/4 cup finely chopped fresh parsley
- 1/4 cup finely diced red onion
- 1/4 cup lemon juice
- 1/4 cup extra virgin olive oil
- 1/2 tsp kosher salt
- 1/2 cup crumbled feta cheese, preferably Bulgarian



### Instructions:

1. Place bulgar in a medium bowl and cover with several inches of cold water. Let soak for 1 hour. Drain
2. Combine the bulgar, asparagus, pomegranate seeds, parsley, onion, lemon juice, oil and salt in a large nonreactive bowl. Let stand at room temperature for 20 minutes or refrigerate for up to 8 hours. Serve topped with feta.

CAL 193 | FAT 13G (SAT, 3G) | CHOLESTEROL 11MG | CARBS 17G | SUGARS 5G |  
PROTEIN 4G | FIBER 3G | SODIUM 218MG | POTASSIUM 228MG