



Tabbouleh Salad

- 1 cup uncooked bulgar wheat
- 1 cup boiling water
- 2 tomatoes, chopped
- 4 green onions, chopped
- 1 (15 ½-ounce) can black beans, rinsed and drained
- ¼ cup chopped fresh **cilantro**
- ½ teaspoon grated lime rind
- ¼ cup fresh lime juice
- 2 tablespoons olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground red pepper
- 1 (8 ¾-ounce) can no-salt-added corn kernels, drained
- ¼ teaspoon salt

Place bulgar in a large bowl and add 1 cup boiling water. Cover and let stand 30 minutes. Add tomato and remaining ingredients to bulgar. Toss gently. Chill up to 8 hours.

Serves 8.