

# Market District Demo Recipes

## Side Dish



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

## Asparagus Tabbouleh

Serves: 6

Modified from: [www.eatingwell.com](http://www.eatingwell.com)

**Items Needed:** cutting board, chef knife, saucepan, steamer basket, large bowl, measuring cups, measuring spoons, mixing spoon

### Ingredients:

- ½ cup bulgur
- 8 ounces asparagus, trimmed, very finely chopped
- 1 cup pomegranate seeds
- ¾ cup finely chopped fresh parsley
- ¼ cup finely diced red onion
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- ½ teaspoon kosher salt
- ½ cup crumbled feta cheese

### Directions:

1. Place bulgur in a medium bowl and cover with several inches of cold water. Let soak for 1 hour. Drain. (Alternatively, combine ½ cup bulgur with 1 cup water in a saucepan, bring to a boil and simmer for 12-15 minutes until cooked)
2. Fill a medium bowl with ice water and place by the stove. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket.
3. Place chopped asparagus in the steamer basket and steam until tender-crisp, about 1 minute. Transfer the asparagus to the ice water. Drain.
4. Combine the bulgur, asparagus, pomegranate seeds, parsley, onion, lemon juice, oil, salt, and feta in a large bowl, and mix well.
5. Serve and enjoy!

### Nutrition Information (per ¾ cup):

Calories: 193 Fat: 13 g Carbs: 17 g Protein: 4 g Fiber: 3 g Sodium: 218mg