



Roasted Vegetable Tabbouleh with Grilled Flat Bread and Yogurt-Tahini Dressing

 Vegetarian  Very Healthy

READY IN



100 min.

SERVINGS



6

CALORIES



662 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups bulgur wheat
- ☐ 1 butternut squash diced small to medium peeled
- ☐ 1 small chile pepper finely chopped
- ☐ 0.5 cup evoo for drizzling
- ☐ 1 bulb fennel trimmed chopped
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 1 cup parsley leaves fresh packed chopped

- ☐ 3 cloves garlic grated
- ☐ 0.5 cup greek yogurt
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 servings giardiniera hot drained chopped (pickled vegetables)
- ☐ 3 juice of lemon juiced
- ☐ 6 naan breads
- ☐ 6 servings nutmeg freshly grated
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 cup pistachios toasted
- ☐ 1 pomegranate
- ☐ 1 small bell pepper red seeded chopped
- ☐ 1 onion red finely chopped
- ☐ 6 servings the of 1 cos lettuce shredded
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup tahini paste
- ☐ 1 small zucchini seeded chopped

Equipment

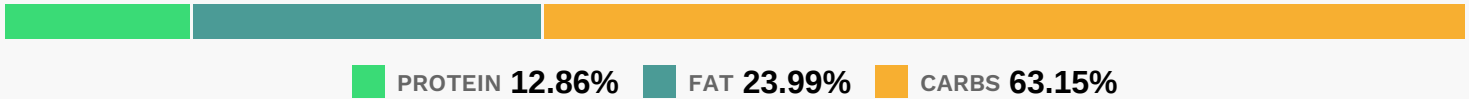
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.

- ☐ Boil 1 1/2 cups water and pour over the bulgur in a mixing bowl. Cover and let stand to cool to room temp, 30 minutes.
- ☐ Meanwhile, arrange the fennel, red bell pepper, chile pepper and zucchini on a baking sheet and dress with EVOO and salt and pepper. Arrange the butternut squash on a larger baking sheet, dress with EVOO and season with salt and pepper and a little freshly grated nutmeg. Roast until the vegetables and squash are tender and brown at the edges, 17 to 20 minutes.
- ☐ In a large mixing bowl, whisk up two-thirds of the lemon juice, about 1/2 cup EVOO, and some salt and pepper with 2 cloves garlic. Working in a large bowl of water, separate the pomegranate seeds and add to the mixing bowl, along with the parsley, mint, onions and bulgur; toss to combine.
- ☐ In a small bowl, whisk up the yogurt, 1/4 cup water, tahini, the remaining lemon juice, the remaining clove garlic, cumin and some salt and pepper.
- ☐ Pour into a container and refrigerate.
- ☐ Cool the roasted vegetables and combine with the tabbouleh. Store, covered, in the fridge for a make-ahead salad supper.
- ☐ To serve, heat a griddle pan and douse with a splash of water.
- ☐ Add the naan and blister 30 seconds on each side. Fill each naan with shredded lettuce and tabbouleh salad and top with the dressing, nuts and optional chopped hot pickled vegetables.

Nutrition Facts



Properties

Glycemic Index:101.17, Glycemic Load:49.42, Inflammation Score:-10, Nutrition Score:46.51652188923%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 21.77mg, Apigenin: 21.77mg, Apigenin: 21.77mg, Apigenin: 21.77mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 661.61kcal (33.08%), Fat: 18.83g (28.97%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 111.52g (37.17%), Net Carbohydrates: 89.62g (32.59%), Sugar: 16.25g (18.06%), Cholesterol: 0.83mg (0.28%), Sodium: 403.37mg (17.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.4%), Vitamin A: 26902.35IU (538.05%), Vitamin K: 293.34µg (279.37%), Manganese: 2.88mg (144.03%), Vitamin C: 101.62mg (123.18%), Fiber: 21.9g (87.61%), Folate: 282.19µg (70.55%), Vitamin B1: 0.85mg (56.45%), Magnesium: 214.42mg (53.6%), Phosphorus: 511.81mg (51.18%), Potassium: 1719.28mg (49.12%), Copper: 0.92mg (45.91%), Vitamin B6: 0.82mg (41.23%), Vitamin B3: 7.77mg (38.86%), Iron: 6.89mg (38.28%), Calcium: 275.42mg (27.54%), Vitamin E: 3.98mg (26.54%), Vitamin B2: 0.44mg (25.7%), Zinc: 3.58mg (23.85%), Vitamin B5: 1.92mg (19.24%), Selenium: 8.59µg (12.28%), Vitamin B12: 0.12µg (1.94%)