

# Tabbouleh with Oranges and Sunflower Seeds

## Ingredients

¾ cup uncooked bulgur or cracked wheat  
2 cups boiling water  
2 navel oranges  
1 Tbsp sugar  
1½ Tbsp olive oil  
¼ tsp salt  
¼ tsp black pepper  
1 cup chopped fresh parsley  
¾ cup chopped fresh mint  
¾ cup diced seeded peeled cucumber  
½ cup coarsely chopped red onion  
2 navel oranges, each cut crosswise into 10 (¼-inch-thick) slices  
2 Tbsp sunflower seeds

## Directions

1. Combine bulgur and boiling water in a large bowl. Cover and let stand 30 minutes; drain.
2. Peel and section 2 oranges over a bowl; squeeze membranes to extract juice. Set sections aside; reserve ¼ cup juice. Discard membranes. Combine reserved orange juice, sugar, oil, salt, and pepper; stir well with a whisk.
3. Add orange sections, parsley, mint, cucumber, and onion to bulgur mixture; stir well. Add orange juice mixture; toss gently to coat. Cover and chill at least 2 hours.
4. Arrange the orange slices on each of 5 serving plates; top with tabbouleh. Sprinkle evenly with sunflower seeds.

