

Tabouli Salad



Prep: 25 minutes

Cook: 20 minutes

Serves: 4

- 1/2 cup fine cracked bulgur wheat
- 1 large bunch flat leaf parsley finely chopped (about 1 1/2 cups)
- 1/2 cup fresh mint finely chopped
- 2 plum tomatoes chopped
- 1 cucumber washed, seeded and cut into 1/4 inch pieces
- 3 scallions chopped
- Juice of 1 small lemon about 2 tablespoons
- 3 tablespoons extra virgin olive oil, divided
- 1/2 teaspoon salt



1. Place the cracked wheat in a medium bowl, sprinkle with 1/2 teaspoon of salt, and cover with 3/4 cup of boiling water, cover with plastic wrap, and let sit for about 15 minutes until soft and most of the water is absorbed.
2. Drain any excess liquid from the softened cracked wheat, squeezing out with a paper towel if necessary. In a medium bowl, combine the bulgur wheat, parsley, mint, tomatoes, cucumber, scallions, lemon juice and olive oil. Toss thoroughly to combine and taste, adjust seasoning if needed.

Chef's Tip: You can expand this dish into an entrée by adding beans and roasted red peppers or chopped marinated artichoke hearts. Use any leftover mint to make refreshing flavored water or steep in hot water for tea.