

# Tabbouleh

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According to Wikipedia, tabbouleh is a salad of Arab origin and is “traditionally made of bulgur, tomato, and finely chopped parsley and mint, often including onion and garlic, seasoned with olive oil, lemon juice and salt.”

Tabbouleh stores well and tastes as good or better the second day. Exact amounts of ingredients aren't necessary ... so don't worry if you have slightly too much parsley, not enough cucumbers, an extra tablespoon or so of lemon juice and so on.

If you've never eaten bulgur, a form of dried cooked wheat made from whole wheat kernels that have been cracked into small pieces, tabbouleh is a delicious way to start. Bulgur is easy to prepare and can be refrigerated or frozen for later use. For more bulgur recipes, visit the Wheat Foods Council website at [wheatfoods.org](http://wheatfoods.org).



## Ingredients:

- 1 cup uncooked bulgur
- 3/4 cup chopped cucumber
- 3/4 cup chopped tomato
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh mint leaves
- 1/4 cup sliced green onions or 2 tablespoons finely chopped sweet onion
- 1 clove garlic, finely chopped
- 1/4 cup olive oil
- 1/4 cup lemon juice

## Directions:

1. Prepare bulgur according to package directions for starting with one cup of uncooked bulgur and the recommended amount of water for reconstituting this dry volume. The directions will tell you how long to let the bulgur set to absorb the water and become softer.
2. After the bulgur is ready, mix together bulgur, cucumber, tomato, parsley, mint, onions, and garlic.
3. In a separate bowl, whisk together olive oil and lemon juice. Combine with the other ingredients, mixing well.
4. Refrigerate and let chill for 2 hours before serving for the flavors to meld.
5. Season with salt and pepper, to taste, before serving.

*Makes 6 servings*

## Alice's tips:

1. Before chopping parsley and mint, wash in a colander held under running water. Spin dry in a salad spinner or roll in paper towels to dry.
2. Get more juice from the lemon by rolling it gently on a flat surface to loosen the membranes.



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