



Yield: Serves 4 - 6

Tabbouleh

Middle Eastern Herb Salad with Bulgur Wheat

Ingredients:

½ Cup Fine Bulgur Wheat - can substitute quinoa for gluten free alternative
4 Large Bunches Flat Leaf Parsley - thick stems removed and chopped fine
1 Bunch Green Onions - chopped fine
½ lb Roma Tomatoes - seeded and chopped fine (apx ⅛ inch 'squares')
1 Bunch Fresh Mint - stems removed and chopped fine (apx ⅓ Cup)
¼ Cup Extra Virgin Olive Oil
Juice of 2 Large Lemons
Kosher Salt to taste

-OPTIONAL-

1 clove Fresh Garlic - minced
2 Persian Cucumbers -OR- 8 inches English Cucumber - chopped fine (apx ⅛ inch 'squares')

Preparation:

- 1) Rinse the bulgur wheat until water runs clear - Place in a bowl and cover with boiling water by ½ inch - Allow to soak for 20 minutes - Drain through a fine meshed strainer lined with a double layer of cheese cloth - Gather up the bulgur in the cheese cloth and squeeze out as much water as possible and transfer to a large bowl*
- 2) Toss bulgur wheat (or quinoa) with the remaining ingredients (minus olive oil) until thoroughly combined (I suggest starting with 1 ½ tsp of salt)
- 3) Cover and allow to sit at room temperature for 2-3 hours to allow flavors to meld and bulgur/quinoa to absorb liquid and swell
- 4) Toss with olive oil - Taste and adjust seasoning
- 5) Serve at room temperature with additional lemon wedges if desired OR keep in refrigerator for up to 1 day** and serve slightly chilled with additional lemon wedges if desired

** If using quinoa: Rinse quinoa until water runs clear - Bring 3-4 Cups water to a boil in a medium pan over medium-high heat - Add the quinoa and allow to cook (uncovered) for 12 minutes - Drain through a fine meshed strainer lined with a double layer of cheese cloth - Rinse well with cold water - Gather up the quinoa in the cheese cloth and squeeze out as much water as possible and transfer to a large bowl*

*** The 'bright' green color of the herbs will fade over time - any more than a day and the salad will look completely 'lifeless' and grey*