

Tabbouleh

Recipe courtesy of Bonnie Fakhri

I love Mediterranean food and this is one of the staples found throughout the region. It is best described as a parsley salad and I find it adds a bright, fresh taste to any meal. The key is not to cook the bulgur wheat but rather to marinate it in the dressing so that every bite you take is full of flavor.



Ingredients

- **½ cup** fresh lemon juice (~2 large lemons)
- **½ cup** extra virgin olive oil
- **1 ½ tsp** salt
- **½ tsp** pepper
- **½ cup** uncooked bulgur wheat
- **1 ½ -2 cups** finely chopped parsley (one-two bunches)
- **½ cup** finely chopped mint
- **4** firm roma tomatoes (seeded)
- **½** English cucumber
- **2** green onions

Instructions

1. Combine first 4 ingredients to make the dressing.
2. Soak the bulgur wheat in the dressing for at least 2 hours (the longer the better, it needs to be soft, I often let it marinate for 6-8 hours or even overnight). The bulgur should absorb most of the dressing.
3. Finely chop the herbs and vegetables.
4. Add the herbs and veggies with the soaked wheat and dressing mixture.
5. Stir to fully combine.
6. Serve as a salad or with pita chips or bread.