



## **Tabbouli Salad**

Tabbouli, tabbuli, tabouleh—how many ways can you spell the name of this crunchy, nutritious salad? It's a refreshing yet filling dish that's especially good in the summer.

Tabbouli salad's main ingredient is bulgur (cracked) wheat. To prepare bulgur wheat for the salad, measure 1 cup bulgur into a bowl, and then pour 1 cup warm water over it and let stand for 30 minutes. Yields 2 cups.

2 cups presoaked bulgur  
2 large tomatoes, seeded and chopped  
1 medium cucumber, peeled, seeded, and chopped  
1 cup green onions, chopped  
2 cups fresh parsley, finely chopped  
1/3 cup fresh mint, finely chopped  
Salt to taste (try 1/4 tsp.)  
1/4 cup fresh lemon juice  
1/4 cup olive oil  
Fresh ground black pepper

1. Mix first seven ingredients together (bulgur through salt), and then add fresh lemon juice. Stir to combine.
2. Refrigerate ingredients for about an hour. When ready to serve, add olive oil and black pepper. Mix well.

Notes: Fresh ingredients are absolutely necessary for good tabbouli. A large lemon usually nets 1/4 cup of juice. A large bunch of fresh parsley can yield 1, 2, or 3 cups chopped; use as much as you want. Cold-pressed, extra virgin olive oil is best for salads, and although mint leaves add a unique flavor, they can be omitted in a pinch (sometimes it's hard to find fresh mint). Cooking is an art, not a science, so have fun and experiment!