

Recipe: Tabbouleh

6 servings

Cooking time ~50 minutes

Ingredients:

- 2 medium lemons
- 1 cup bulgur wheat
- 1½ cups boiling water
- 1 cup fresh parsley
- 3 green onions
- 1 large tomato
- 1 small cucumber
- 2 Tablespoons olive oil
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

Pinch ground cayenne pepper or paprika.



Directions:

In Advance

1. Rinse and cut lemons in half. In a medium bowl, squeeze juice. Discard seeds.
2. Add bulgur and boiling water to lemon juice. Cover and let rest until bulgur is soft and chewy, about 30 minutes.

Preparation

1. Rinse parsley, green onions, tomato, and cucumber.
2. Chop parsley.
3. Trim ends off green onions. Thinly slice, use white and green parts.
4. Remove core from tomato. Dice.
5. Slice cucumber in half lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber.
6. In a colander, drain excess liquid from bulgur mixture. Return bulgur to bowl.
7. Add remaining ingredients to bowl. Mix well to combine.

Recipe adapted from: <https://cookingmatters.org/recipes/tabbouleh/>