Tabouleh

Description

Tabouleh is a delicious Mediteranean chopped salad made with cracked bulghur wheat, mint, parsley, tomatoes and onions. Tabouleh is very healthful. Also spelled Tabouli or Tabule.



Summary

Yield: 8
Prep Time: 45 minutes
Category: Salads
Cuisine: Mediterranean

Ingredients

- 2 cups cracked wheat (bulghur wheat)
- 1 cucumber, chopped
- 3 small tomatoes, chopped
- 1 bunch green onions, sliced
- 1 clove garlic, minced
- 2 cups hot water
- 3/4 cup extra virgin olive oil
- 1/2 cup fresh lemon juice
- 1/2 cup fresh mint, chopped
- 3 cups fresh parsley, chopped
- 1 tsp freshly ground pepper
- 2 tsps kosher salt, to taste

Instructions

Soak the bulghur wheat in the 2 cups of hot water about 30 minutes, until the water is fully absorbed. When ready, drain any excess water, squeeze dry if necessary.

In a food processor, chop the parsley, mint, garlic, tomatoes and onions. Carful not to over-process. Or chop ingredients by hand if preferred. Combine chopped parsley, mint, garlic, tomatoes and onions in a mixing bowl.

Add the cracked wheat to the chopped ingredients in the mixing bowl. Add the olive oil, lemon juice, salt and pepper. Stir to mix thoroughly.

Serve chilled or at room temperature. Makes about 8 cups.

Notes

Great picnic food. Quinoa is a nice substitution for the Bulghur wheat.