



tabbouleh

Difficulty*	Prep	Cook
1	30 min	5 min

*Difficulty on a scale from 1-5, where 1 is easiest

Ingredients

- ¾ Cup Bulgur Wheat
- Juice of 2 Lemons
- 4 Scallions, Minced
- 1/2 Cup Mint Leaves, Finely Chopped
- ¼ Cup Olive Oil
- 3 Cups Parsley Leaves, Coarsely Chopped
- 1 Pint Cherry Tomatoes, Halved

Directions

- 1.) Soak the bulgur wheat in cold water for about 30 minutes.
- 2.) Drain the bulgur wheat thoroughly and put in a salad bowl.
- 3.) Season generously with salt and pepper.
- 4.) Stir in the lemon juice to combine.
- 5.) Add in the scallions and mint and toss.
- 6.) Add 3 tablespoons of the oil and mix well.
- 7.) Add in half the parsley and combine.
- 8.) Mix the cherry tomatoes in a little bowl with salt, pepper, and remaining olive oil.
- 9.) Add the tomatoes along with the rest of the parsley and combine into the salad.