



Presents



Tabouli Bulgur Wheat Salad

Presented August 17, 2013 by Robin Maille

Ingredients:

1 cup dry bulgur wheat
1 cup hot water
1/2 cucumber, chopped
2 stalks celery, chopped
1 tomato, chopped
4 green onions, chopped
1/4 cup fresh chopped mint (or cilantro)
1 cup fresh parsley
1 clove garlic, minced

Dressing

1/4 cup lemon juice (or vinegar or half of each)
2 tablespoons vegetable or olive oil
1 teaspoon pepper
1/4 teaspoon salt

1. Place the bulgur in a large bowl and soak in the hot water until the water is absorbed, (about 30 minutes). When it's ready, drain any excess water.
2. Mix the dressing ingredients together. Set aside.
3. Chop the vegetables.
4. Add vegetables to the prepared bulgur and toss.
5. Add dressing to salad and stir.
6. Refrigerate for 2-3 hours and serve chilled.
7. Refrigerate leftovers within 2 hours.

Top with plain yogurt

Add other chopped veggies including red or green peppers, grated carrots, or summer squash