

Tabouli Salad

A fresh, flavor-packed side.



INGREDIENTS:

- 1 cup bulgar wheat (medium)
- 1/4 cup scallions, finely chopped
- 1/2 cup fresh chopped parsley
- 2 small cucumbers, chopped
- 1/2 cup cherry tomatoes, quartered
- 1/2 cup of red, orange and yellow peppers, finely chopped
- 1/4 cup fresh chopped mint
- 1/4 cup fresh lemon juice
- 1/4 cup olive oil
- 1 tsp salt

DIRECTIONS:

1. Soak the bulgar wheat in one cup of tap water for 2 hours.
2. Combine vegetables and herbs in a mixing bowl with bulgar wheat and mix well.
3. Slowly add lemon juice and olive oil to evenly distribute among the salad.
4. Serve chilled.

