

Tabbouleh

Makes about 8 cups
Time: 25 minutes

Ingredients:

- 1 ½ cups bulgur wheat, uncooked
- 1 ½ cups boiling water
- 4 Tablespoons olive oil
- 1 cup fresh parsley, leaves only, finely minced
- 1 pint cherry or grape tomatoes, quartered
- 1 cucumber, peeled, de-seeded, and diced
- 1 lemon, juiced
- ½ teaspoon ground cumin
- 1 teaspoon salt
- ¾ teaspoon ground black pepper

Instructions:

1. Place 1½ cup uncooked bulgur wheat in a large container or bowl. Pour boiling water over the grain, stir quickly to coat, and cover. Allow to stand for 10-12 minutes, or until all the water is absorbed and the grain is tender. Fluff with a fork and set aside.
2. Cut the lemon into 2 pieces and squeeze the juice into a bowl. Add olive oil, cumin, salt, and pepper. Discard the lemons and set the mixture aside.
3. Quarter the tomatoes and set aside in a bowl.
4. Separate the leaves and stems of the parsley. Discard the stems, then finely chop the leaves. Measure chopped parsley into a bowl. Meanwhile, peel the cucumber, cut in half lengthwise, and remove the seeds. Dice the entire cucumber and combine with the parsley.
5. Combine all the ingredients in a large bowl and toss well to mix. If you have time, cover the salad and leave it in the refrigerator for about half an hour to allow it to marinate.
6. Serve and enjoy!

