



Tabbouleh

Prep Time: 40 mins

Total Time: 40 mins

Servings: 4 to 6 side servings

Ingredients

- 1/2 cup fine bulgur
- 3 tablespoons olive oil
- 1 cup boiling hot water
- 2 cups finely chopped fresh parsley
- 1/2 cup chopped fresh mint
- 2 medium tomatoes, cut into 1/4 inch pieces
- 1/2 seedless cucumber, peeled, cored and cut into 1/4 inch pieces
- 3 tablespoons fresh lemon juice
- Kosher salt and freshly ground black pepper, to taste

Preparation

Stir together bulgur and 1 tablespoon oil in a heatproof bowl. Pour boiling water over the bulgur, then cover bowl tightly with plastic wrap and let stand 15 minutes. Drain in a fine mesh colander, pressing on bulgur to remove any excess liquid.

Transfer bulgur to a bowl and toss with all the ingredients, and 2 tablespoons of olive oil, until combined well.

This dish can be served as a side salad or main dish, along with an assortment of grilled meats, pita bread and falafel with hummus.