

Tabouli Salad

1 cup bulgur wheat
1 ½ cup boiling water
3 or 4 medium ripe tomatoes, diced
1 cup green onions, diced
2-3 cups fresh parsley, finely chopped
1 medium cucumber, diced
1/3 cup extra virgin cold pressed Olive Oil
1/3 cup lemon juice (fresh is always best)
1 tsp salt
Garlic (powdered) to taste (optional)
Sunflower seeds to taste (optional)
(will need a jar with lid for mixing)



Directions: Put bulgur wheat into bowl and add boiling water and let sit. Takes approximately 30 minutes to soften and absorb the boiling water. While waiting, chop all the ingredients (tomatoes, green onions, parsley, cucumber) and put in a bowl. Juice lemons to make 1/3 cup lemon juice and place in a jar, add olive oil, salt and garlic salt...put lid on jar and shake well. When bulgur is soft and water is absorbed, add that to the bowl of other ingredients and pour the lemon juice / olive oil from the jar on top and stir the salad well. Allow to chill (or just sit) for 1 to 2 hours to allow for the flavors to “blend”.

Alternative to bulgur wheat is quinoa; a gluten free healthy alternative. Look at the Quinoa breakfast recipe for how to cook quinoa.

A very healthy salad indeed.