



# Tabouli

by Malvina Salloom

## Ingredients (Serves 4)

1/2 cup bulgur (wheat)  
1 bunch of parsley, de-stemmed  
1 bunch mint, de-stemmed  
1 bunch of scallions, sliced thinly  
3 tomatoes, diced  
juice of 1 lemon  
1/3 cup extra virgin olive oil  
salt and pepper, to taste

## Directions

1. Wash bulgur. Add bulgur to 1 cup of very hot water. Let soak for 20 minutes.
2. Finely chop herbs.
3. Drain water from bulgur (1st drain and then squeeze in a colander). Add bulgur to chopped vegetables and herbs. Mix in lemon juice and olive oil. Salt and pepper, to taste.