

Tabbouleh

Serves 6 as a side

Ingredients

- 4 large Roma tomatoes, cut into small dice
- ¼ cup bulgur wheat
- ¼ - ⅓ fresh lemon juice (to taste)
- 1 cup scallions, thinly sliced
- 3 bunches parsley, finely chopped
- ½ cup fresh mint leaves, finely chopped OR 3 teaspoons dried mint leaves
- ½ cup olive oil
- Kosher salt and pepper to taste



Steps

1. Place cut tomatoes in a strainer set over a bowl. Allow the juice from the tomatoes to release. This may take an hour or so. Add the bulgur wheat to the tomato juice and ¼ cup lemon juice to start. Stir and give the wheat time to absorb the liquids.
2. Place the scallions, parsley, mint, olive oil and tomatoes in a large bowl. Toss to combine. Season with salt and pepper. Add the bulgur wheat. Taste for lemon and salt. Adjust to your liking. Serve immediately or you can refrigerate for up to an hour before serving.