



Tabouli Salad

SERVES 6-8

This traditional Lebanese salad made from bulgur wheat is a refreshing way to enjoy fresh vegetables and herbs that are in season. I've eaten tabouli in Israel, Greece, and Turkey. Some cooks prefer to use less wheat, while some use a variety of herbs, including cilantro and dill. Combine the ingredients you like the best and make it your own recipe!

INGREDIENTS

1 ½ cups bulgur wheat

1 ½ cups boiling water

2 small shallots, finely chopped

1 red bell pepper, finely chopped

1 green bell pepper, finely chopped

2 bunches parsley, finely chopped

½ cup mint leaves, finely chopped

3 green onions, white and light green parts, finely chopped

1 cup cherry tomatoes, quartered

1 teaspoon kosher salt

½ cup extra virgin olive oil

2 lemons, juiced

½ teaspoon crushed red chile flakes

2 teaspoons tomato paste

PROCESS:

In a medium bowl, add the bulgur wheat and cover with hot water. Let sit for 15 minutes, until the wheat has absorbed the water and is tender. Drain off any excess water, if necessary. Set aside and let cool. In a large bowl, add the shallots, bell peppers, parsley, mint, green onions, tomatoes, salt, and cooled bulgur. Stir to combine. In a small bowl, whisk together the olive oil, lemon juice, red chile flakes, and tomato paste. Pour over salad and refrigerate for at least 1 hour and up to 1 day. Serve chilled. Keep in refrigerator for 2 days.