

## TABBOULEH

From [allrecipes.com](http://allrecipes.com)

*(serves 8)*

### Ingredients

- |   |                                    |
|---|------------------------------------|
| 1 cup <b>bulgur</b>                     | 1 cup chopped <b>fresh parsley</b> |
| 3 <b>tomatoes</b> , seeded and chopped  | 1/3 cup <b>fresh mint leaves</b>   |
| 2 <b>cucumbers</b> , peeled and chopped | 2 tsp <b>salt</b>                  |
| 3 <b>green onions</b> , chopped         | 1/2 cup <b>lemon juice</b>         |
| 3 cloves <b>garlic</b> , minced         | 2/3 cup <b>olive oil</b>           |

### Instructions

1. Place cracked bulgur wheat in bowl and cover with 2 cups boiling water. Soak for 30 minutes; drain and squeeze out excess water.
2. In a mixing bowl, combine the wheat, tomatoes, cucumbers, onions, garlic, parsley, mint, salt, lemon juice, and olive oil. Toss and refrigerate for at least 4 hours before serving. Toss again prior to serving.