



# TABBOULEH

## INGREDIENTS:

- 1 cup Water
- 1 cup Bulgur Wheat
- 1 cup Cherry Tomatoes, quartered
- 3 Green Onion, chopped
- 1 bunch Parsley, finely chopped
- 1 large English Cucumber, peeled and chopped
- ⅓ cup Olive Oil
- 4-5 Tablespoons Lemon Juice
- ½ teaspoon Salt

## PREPARATION INSTRUCTIONS:

1. Bring 1 cup of water to a boil.
2. In a medium bowl, carefully pour boiling water over bulgur wheat and soak for 1 hour.
3. After an hour, strain and discard water from the bulgur.
4. Add tomatoes, green onion, parsley, and cucumber; toss to combine.
5. In a small bowl, whisk together olive oil, lemon juice, and salt.
6. Pour dressing over tabbouleh and toss until salad is evenly coated.
7. Refrigerate at least 1 hour before serving.