

# Classic Bulgur Tabouli

Serves 6



VEGAN



VEGETARIAN



DAIRY FREE

## Ingredients

- 1 ½ cups bulgur
- ¾ teaspoon salt
- 2 tomatoes, chopped
- 1 cucumber, diced
- 3 tablespoons olive oil
- ½ cup fresh mint leaves, chopped
- 1 bunch parsley, chopped
- Juice of 2-3 lemons
- Salt and pepper to taste

## Directions

1. Bring 3 cups water and salt to boil, then add bulgur. Cover and let sit 15 minutes. Fluff with fork.
2. In a large bowl, mix together cucumber, tomato, olive oil, mint, and parsley. Toss in bulgur and season with salt, pepper, and lemon.

## Notes

Include more veggies, beans, nuts, lean meat, and tofu to bulk up your whole grain salad and make a more complete meal.

Recipe from Cook Well Berkeley: Great Grains Recipes, Spring 2011