

Oldways Health Through Heritage Recipes

Tabbouleh

Serves 2

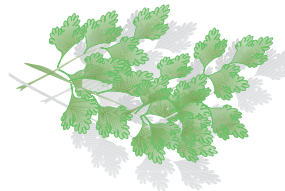
Here's a great way to use up fresh parsley. Garnish with feta if you wish, and add diced cucumber, diced celery, or chopped scallions. Bulgur comes in various "grinds" ranging from fine to coarse. The coarser the grind, the more texture your salad will have.



$\frac{1}{2}$ cup cooked bulgur



1 garlic clove, minced



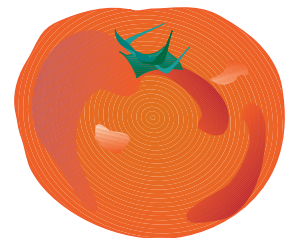
1 cup chopped parsley

$\frac{1}{4}$ cup chopped mint (optional)



1 tablespoon lemon juice

Salt and pepper



1 medium tomato, diced

Directions

Combine the warm cooked bulgur, lemon juice, and garlic and chill for 30 minutes. Add the remaining ingredients and season with salt and pepper.