

Tabbouleh Salad



PREPARATION TIME
40 minutes



COOKING TIME
none



PERFECT PARTNER
chicken kebabs



Fresh spearmint can be very expensive when purchased in the small packages available at most supermarkets. You can substitute 1 tablespoon of dried mint for a comparable, less expensive taste result.

SHOPPING LIST

- bulgur • tomatoes
- fresh parsley • lemon
- mint • green onions

ON HAND

- onion • salt • oil

Tabbouleh Salad

INGREDIENTS

- 1 cup bulgur wheat
- 1 cup boiling water
- 3 large ripe tomatoes, chopped
- 1/2 cup fresh parsley, chopped
- 1/2 cup mint, chopped
- 3 green onions, chopped
- 1 small onion, chopped
- 1 teaspoon salt
- 1/3 cup fresh lemon juice
- 1/3 cup vegetable oil

SERVES 6

COOKIN'
Express

• Tabbouleh mixes are available at most supermarkets. If you are in a hurry, you can prepare the mix and give it a homemade touch with fresh tomatoes, fresh parsley, green onions and fresh lemon juice.

Make Ahead

You can prepare the bulgur in step 1 up to 24 hours ahead. Refrigerate, covered, until ready to use.

♦ VARIATION

You will get an equally delicious salad if you use 2 cups of cooked long-grain rice or couscous in place of the bulgur.

1 Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes.



2 Add tomatoes, parsley, mint, green onions and onion to bowl.

3 Add salt, lemon juice and oil to bulgur mixture; mix well. Cover; refrigerate until ready to serve.



Presentation Idea:

Serve this nutritious salad in a decorative glass bowl at your next luncheon buffet to show off its colors and textures. Garnish with fresh mint sprigs around the entire bowl.