

Herbal Legacy Recipes

TABOULI

Adapted recipe from Cook Republic/Modern Classics

INGREDIENTS

- 1/2 cup fine cracked wheat (bulgur)
- 3/4 cup water
- 1 cup chopped flat-leaf parsley
- 3/4 cup chopped mint
- 12 cherry tomatoes, sliced in half
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- sea salt flakes
- freshly ground black pepper
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DIRECTIONS

1. Place bulgur in a bowl and cover with water. Allow to stand for 15 minutes until water is completely absorbed.
2. Place bulgur, parsley, mint, tomato, oil, lemon juice, salt and pepper in a bowl and toss to combine.
3. Serve as a salad or side dish with pita bread and hummus, meatballs, falafel or grilled meat.

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