

Tabouleh

Serving Size: 6

Prep Time: 30 minutes

Total Time: 35 minutes

Ingredients:

1 cup [bulgur](#)

4 cups boiling water

2 bunch curly parsley, diced

2 bunch green onion, diced

5 medium tomatoes, diced

1/2 cup juice of lemon

1/2 cup + 2 tbsp [olive oil](#)

1 1/2 tsp [salt](#)

Put bulgur in a large bowl. Add four cups boiling water and let sit for 30 minutes

While the bulgur is absorbing the water, finely dice the parsley, green onions, and tomatoes

After 30 minutes, taste bulgur to see if it is soft to the bite. If it is, drain water and add olive oil and lemon juice to bulgur

Add tomatoes, green onion, parsley and salt to the bulgur mix

Mix very well

Serve with lettuce or [homemade pita bread](#)