

Tabouli

Ingredients:

1 cup fine bulgur wheat
3 bunches Italian parsley
3 medium tomatoes
1 large bunch scallions
1 and a half lemons juiced
1/2 cup olive oil or to taste
salt and pepper(black) to taste
garden mint (quarter bunch)

Directions:

Rinse bulgur with cold water and discard water. Add half of the lemon juice to bulgur. Finely chop parsley leaves and mint. Chop scallions and tomatoes into small pieces. Mix all ingredients and let sit for an hour in refrigerator. Serve with crisp romaine lettuce leaves Serves: 6.