



Tabouleh

Serves 4

By Chef Melinda McNeil

Ingredients

½ c bulgar
1 c boiling water
Pinch of salt
3 tomatoes
1 Persian cucumber (optional)
2 bunches flat-leaf parsley
½ bunch mint
6 green onions (white and light green parts only)
Juice of half a lemon
2 T olive oil
Salt and pepper to taste

Directions

Add bulgar to boiling water with the pinch of salt. Allow to soak and completely cool.

Remove seeds from tomatoes and dice flesh very small, ¼"- ½". Dice cucumber the same size, if using. Chop herbs and green onions very fine.

When ready to serve, combine all in a bowl and dress with lemon juice, olive oil, and season with salt and pepper to taste. Serve over a bed of romaine.