

Tabbouleh

Center for Ecoliteracy -
Cooking with California Food

Flavor Profile: Mediterranean
6-8 Servings

This is a popular Middle Eastern dish made from bulgur, which is wheat that has been cracked and parboiled. With its light, nutty flavor, this versatile whole grain salad can be part of a salad bar, a side dish, or, when accompanied with pita bread and leaf lettuce, a stand-alone entree.

Ingredients:

1 cup bulgur
1 1/4 cups boiling water
1 1/2 teaspoons Kosher or sea salt
1/2 teaspoon freshly ground black pepper
1/4 cup lemon juice
2-3 garlic cloves, minced
1/4 – 1/3 cup extra virgin olive oil
1/3 cup minced fresh mint leaves
1-1 1/2 cups chopped fresh Italian flat leaf parsley
1/2 cup chopped green onions, white and green parts included
1 cucumber, peeled and finely chopped
1 cup chopped tomatoes

Directions:

In a medium bowl, combine bulgur, boiling water, and salt. Cover and let stand 15-20 minutes, or until bulgur is soft. Add pepper, lemon juice, garlic, olive oil, mint, and parsley and mix well. Let stand at least 15 minutes, then refrigerate for several hours or overnight to let the flavors fully develop. Just before serving, add green onions, cucumber, and tomatoes.

Suggestion: Use in a pita pocket, adding leaf lettuce and sliced tomato.

