

Tabouli Salad

From – *Moosewood Restaurant Low-Fat Favorites*

1 ½ cups boiling water
1 cup bulgur
½ to ½ cup fresh lemon juice
1 garlic clove, minced or pressed
1 to 3 cups chopped fresh parsley
4 scallions, chopped
3 tomatoes, diced
1 cup drained cooked chickpeas
salt and ground black pepper to taste
chopped fresh mint to taste (optional)

- In a large bowl, pour the boiling water over the bulgur.
- Cover tightly and set aside for 20 to 30 minutes.
- Meanwhile, in a separate bowl, stir together 1/3 cup of lemon juice and the garlic, parsley, scallions, tomatoes and chickpeas.
- When the bulgur has absorbed the water and softened, stir it with a fork to fluff the grains.
- Toss the lemon/vegetable mixture with the bulgur and add salt & pepper and mint (if you like) to taste.
- Tabouli tastes best after sitting refrigerated or a room temperature for ½ to 2 hours so the flavors blend thoroughly.
- Add more lemon juice to taste before serving.



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