

Tabouli

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A refreshing middle-eastern style salad made up mainly of bulgur wheat, parsley, and tomatoes. A perfect summer salad!

Yield: 4 c

Servings: 10

I tried the Near East brand of Tabouli (or taboule, as they spell it), and really likes it. It comes with its own 'spice' packet, but I like to add more parsley and some mint, as in this adaptation of their recipe. Bon appetit!

1 5.25-oz pkg Near East Taboule Kit
 1 c boiling water
 1 tbsp olive oil
 1 tbsp lemon juice, or more to taste
 1 1/2 c parsley, finely chopped
 1/3 c mint leaves, finely chopped
 2 c plum tomatoes, diced

Preparation Time: 10 minutes

Start to Finish Time: 45 minutes

Serving Ideas: Serve on a bed of lettuce for a pretty presentation, with pita bread on the side, or garnish with cucumber slices, black olives and lemon wedges.

Per Serving (excluding unknown items): 64 Calories; 2g Fat (18.5% calories from fat); 2g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 144mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1/2 Fat.

In large bowl, combine contents of package and spice pack. Stir in boiling water, cover, and let stand 30 minutes in refrigerator.

Stir in parsley and mint, olive oil and lemon juice; mix well and chill until ready to serve.

Just before serving, add tomatoes and toss.

Taste and add more lemon juice if desired.