

## **Tabbouleh Salad**

Courtesy of Carole's Creations

Prep Time: 45 minutes

Cooking Time: 3 minutes

Standing Time: 1 hour

Serves: 6 - 8

**CHints:** Tabbouleh is a Middle nEastern dish. This salad is low in fat and high in fiber. There is a lot of prep for this salad, but it's worth it. Served chilled with chicken or fish.



1 cup bulgur wheat  
1-1/2 cup boiling water  
2 medium tomatoes, seeded and diced  
1 large cucumber, peeled, seeded and diced  
1/2 cup red onion, minced  
1/3 cup fresh parsley, finely chopped  
1/4 cup fresh cilantro, finely chopped  
1/3 cup fresh mint, finely chopped  
1/4 cup kalamata olives, seeded and diced  
1/4 cup sun-dried tomatoes, rinsed, drained and diced  
2 green onions, green parts only diced

Dressing:

4 tablespoons extra-virgin olive oil  
Zest from 1 lemon  
1/4 cup fresh lemon juice, approx. 1 large or 2 medium  
1 teaspoon cumin  
Dash salt and fresh black pepper

Bring the water to a boil in a small sauce pan and remove it from the heat. Stir in the wheat, cover the pan and let sit for 15 minutes. After 15 minutes, drain off any excess water. Cover the pan again and sit in the refrigerator to cool while you start preparing the rest of the salad.

In a large bowl add the tomatoes through green onions. Rinse or wash the ingredients before adding them to the bowl. Cut the tomatoes into sections and remove the seeds. Tomatoes will dice easier if they are cut with the skin side down on your cutting surface. The cucumber is seeded easily by cutting it lengthwise down the middle. Cut off each end and use a grapefruit spoon with a serrated edge to scrape out the seeds before dicing the cucumber. Add the rest of the items including the bulgur wheat and toss well.

In a small bowl, whisk together the items needed for the dressing. Use a microplane to zest the lemon before you cut into it for the juice. Zest through the yellow part of the peel and do not go deeper into the white part because it can be bitter. Add the cumin, salt and pepper and whisk.

Pour the dressing over the salad and fold it into the other ingredients. Blend well, cover and refrigerate for at least 1 hour before serving.