

Salad/Tabouleh

A: 1/2C bulghur wheat

B: 2 bunch parsley
2T mint, chopped
1 onion, chopped fine
6 tomatoes, diced

C: 1T salt
1/2t black pepper
1 lemon juice
6T olive oil

1. Soak (A) in cold water 2 hours to soften, drain and squeeze dry.
2. Combine (A) with (B) and mix well.
3. Add (C) and toss gently. Serve.

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From the kitchen of David and Jennifer Deaven