



## *Garden Fresh Farm Recipes*

# Tabbouleh Salad

We visited the Middle East in 2019 and fell in love with the flavorful food. This recipe is closest to the Lebanese variation as it contains more fresh herbs than bulghur, making it closer to a salad than a grain dish. It has a very vibrant flavor and goes wonderfully with the spicy aromatics found in most Middle Eastern dishes.

### Ingredients:

- 1/2 c. fine bulghur wheat
- 1 c. boiling water
- 3 bunches flat-leaf parsley
- 1 bunch mint
- 2 roma tomatoes, seeded and finely diced
- 1 large cucumber, peeled, seeded, and finely diced
- 3 green onions, thinly sliced (white and light green parts only)
- 6 Tbsp. extra virgin olive oil
- 3 Tbsp. fresh lemon juice
- 1/2 tsp. Kosher salt



### Directions:

Prepare the Bulghur Wheat

Pour the boiling water over the bulghur wheat in a shallow bowl. Use a fork to quickly stir the water into the wheat, then set aside for 10 minutes.

Fluff the wheat with a fork, then place a plate (or plastic wrap) over the top of the bowl and place it in the fridge.

Let rest until room temperature, at least 15 minutes.

Prepare the Herbs

Wash the leaves of the parsley and mint then dry completely with a paper towel. Trim the stems and discard. Mince the parsley and mint leaves and place in a large bowl.



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### **Make the Tabbouleh**

Remove the cooled bulghur from the fridge and combine with the herbs, fluffing and tossing with a fork. Fold in the tomatoes, cucumber, and green onions.

Drizzle in the olive oil and lemon juice and toss well. Sprinkle in the salt, stir, and taste. Add more salt if needed.  
Serve cool or room temperature.