

Tabbouleh

Yield: 4 servings

Prep Time: 0:30:00

1. Prepare bulgur as directed; drain and cool. 1 cup Bulgur
2. Salt cucumber and tomato with 1/2 teaspoon salt; let sit for 10 minutes. 1 cup Cucumber
 1 cup Tomato
 1/2 tsp Sea Salt
3. Process parsley and mint in batches until finely chopped, then transfer to a large bowl. 3 cup Parsley
 1/3 cup Mint
4. Add bulgur and scallion to parsley and mint. 1/3 cup Scallions
5. Strain cucumber and tomato; add to bowl.
6. Whisk olive oil, lemon juice, garlic, and 1/2 teaspoon salt; combine with salad. 1/3 cup Olive Oil
 3-4 tbsp Lemon Juice
 1 tsp Ground Cumin
 1 each Garlic
 1/2 tsp Sea Salt
7. Let sit to blend flavors for 15 minutes before serving. Store refrigerated for up to 4 days.