

Summer Herb Tabbouleh

Serves 4

1/2 cup bulgur wheat
1 cup boiling water
1 1/2 cups minced fresh curly leaf parsley
1/4 cup minced fresh mint
1 large ripe tomato, seeded and diced
1/2 hothouse cucumber, seeded and diced
2 tablespoons fresh lemon juice (about 1 lemon)
3 tablespoons extra virgin olive oil
1/2 teaspoon salt, more to taste
1/4 teaspoon freshly ground black pepper, more to taste

Place the bulgur wheat in a medium bowl. Pour the boiling water over the bulgur wheat and cover the bowl with plastic wrap. Let the bulgur wheat sit for 30 minutes. After 30 minutes, remove the plastic wrap and drain the bulgur wheat in a fine-mesh strainer. Gently press down on the bulgur wheat with your hands to remove any excess water. Return the drained bulgur wheat to the bowl and stir in the parsley, mint, tomato, and cucumber. Whisk together the lemon juice, olive oil and salt and pepper in a small bowl. Drizzle the dressing over the bulgur wheat and vegetables and toss to combine. Adjust the seasonings (if needed) then serve immediately or refrigerate until ready to serve.