

TABOULI

Ingredients:

1 cup bulgar
2 cups boiling water
4 tomatoes, chopped, fresh
1 cup mint, chopped, fresh
1 cup parsley, chopped, fresh
4 green onions, sliced finely
1 medium onion finely chopped
½ English cucumber (diced ½ inch
Squares)

Dressing:

2/3 cup fresh lemon juice
2/3 cup olive oil
½ tsp. Allspice
½ tsp. Garlic powder
½ tsp. Salt
¼ tsp pepper

Directions:

Cover bulgar with water and let stand for 30 minutes.
Mix together vegetable ingredients

Mix everything together. Add dressing and toss. If possible, refrigerate for 2 hours before serving.