



Tasty Tabbouleh

Tabbouleh (Tuh-BOO-lee), also spelled tabouli, comes from the word tabboula, which means "Middle Eastern Cookery" in Arabic. Tabbouleh is originally from the mountains of Syria and Lebanon. Bulgur wheat is whole wheat that has been cracked and partially cooked.

Source: *Chop Chop*

Servings

6

Ingredients

- 3/4 cup bulgur wheat
- 1 1/2 cups warm water
- 3 large, ripe tomatoes, *cored and diced*
- 2 cucumbers, *diced*
- 3 scallions, *chopped, use both the green and white parts*
- 1 1/2 bunches of flat leaf parsley leaves, *chopped*

- Optional: 1
- 1/2 small bunches of mint leaves
 - 3 Tbsp olive oil
 - 1 1/2 Tbsp fresh lemon juice, *or red wine vinegar*
 - Pinch of salt



Preparation

1. Put the bulgur into the mixing bowl. Pour warm water into the bowl. Cover and let sit until the bulgur is soft, at least 2 hours or refrigerate overnight.
2. After the bulgur is soft, add the tomatoes, cucumber, scallions, parsley, mint if using, olive oil, and lemon juice or red wine vinegar. Mix together.
3. Cover the bowl and refrigerate at least 1 hour, up to overnight.

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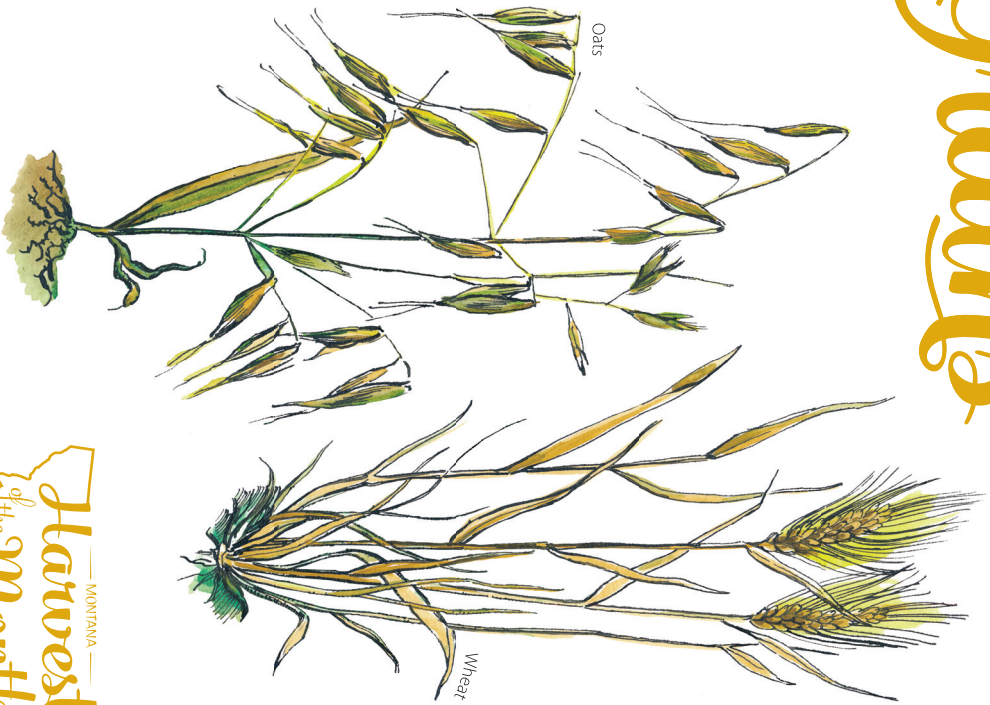
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Grains



Oats

Wheat

MONTANA
Harvest
of the
Month

Grains



Oats

Wheat

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