

## *Idiot's Kitchen Recipe - Summer Tabbouleh Salad*



Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)

### Ingredients:

1 cup Bulgur Wheat or Tabbouleh  
1 cup Boiling Water  
4 oz. Feta Cheese – cut into small cubes  
Cherry Tomatoes – cut in half  
Cucumber  
Green Onions  
Lemon  
Fresh Flat Leaf Parsley  
Fresh Mint  
Salt & Pepper  
Olive Oil

Pour 1 cup of boiling water over 1 cup of dry Bulgur Wheat in a mixing bowl. Cover with plastic wrap and set aside for 20-30 minutes.

Cut the tomatoes in half, the cucumber into small cubes and chop the green onions. Place them in a large mixing bowl.

Chop one bunch of flat leaf parsley and one bunch of fresh mint and add to bowl.

Chop Feta Cheese into small cubes and add to vegetable mixture.

Season with Salt, Pepper and the juice from a lemon.

After 20-30 minutes, the Bulgur Wheat should have absorbed all the water and should be puffed up and tender. Add the Bulgur to the veggies.

Add 3 Tablespoons of Olive Oil and mix well. Refrigerate until serving.