

Idiot's Kitchen Recipe - Summer Tabbouleh Salad



Recipe from 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.