

# *a healthy body, a healthy earth*

## **“Lebanese Style” Tabbouleh Salad**

**Makes 8 servings**

### **Ingredients:**

1 cup bulgur  
6 tablespoons olive oil  
2 cups boiling water  
4 cups flat leaf parsley, finely chopped  
1 cup mint, finely chopped  
4 tomatoes, ¼ - inch diced  
1 English cucumber, ¼ - inch diced  
6 tablespoons lemon juice, fresh  
1 ½ teaspoons sea salt  
½ teaspoon pepper

### **Preparation:**

In a heat resistant dish, stir 2 tablespoons of oil and bulgur wheat

Add boiling water, cover and let stand for 15 minutes

Chop and dice all other ingredients and place in a mixing bowl

Drain bulgur through a sieve, pressing to remove excess water

Toss with other ingredients, including the remaining 4 tablespoons of olive oil