

# Herbal Legacy Recipes

## Cracked Wheat Salad

### Ingredients:

1 ½ cups bulgur wheat  
1 ½ cups chopped tomatoes  
1 cup chopped cucumber  
¾ cup chopped fresh parsley  
¼ cup sliced green onions  
1 tsp freshly grated lemon peel  
½ cup fresh lemon juice  
¼ cup extra virgin olive oil



### Directions:

Place wheat in large bowl and add 1 ½ cups boiling water. Cover; let stand, covered, 30-45 minutes or until water is absorbed. Fluff with fork.

Add all other ingredients; toss to combine. Cover and chill 1 hour before serving.

Adapted from Try-Foods International