

Herbal Legacy Recipes

Tabouli Salad

Contributed by Teri from Grand Blanc, Michigan

INGREDIENTS:

- 1 Bunch Parsley
- 1/2 cup Sweet Onion
- 2 Lg. Tomatoes
- 2 Tbs. Fresh Mint or 1 tsp.dried
- 1/4 cup Fresh Lemon Juice
- 1-2 Tbs Olive Oil
- 3/4 cup Dry Bulgur Wheat
- 1/4-1/2 Celtic Sea Salt (optional)

DIRECTIONS:

Rinse and soak bulgur wheat in 2 cups distilled water for 30-60 minutes. Parsley can be very sandy so wash thoroughly and pinch off just the green leafy part. Chop onion, tomatoes & parsley. Blend mint, lemon juice & olive oil together. Pour off excess water, if any, from bulgur wheat. Mix all ingredients together.

This dish is better when flavors had a chance to mingle. It can be made the night before.