

Tabouli

Parsley - It's not just for garnishment anymore

Ingredients:

- Parsley, 2 large bunches
- Tomatoes, 1 lb
- Bulgur Wheat, 1/3 lb (uncooked)
- Green Onions, 1 bunch (4-5)
- Juice from 3-4 large Lemons
- Mint Flakes, 3T (Optional)
- Garlic Powder, 1T (Optional)
- Olive Oil, Extra Virgin, 1 oz
- Salt and Pepper

Instructions:

1. In a small bowl, combine Bulgur Wheat and hot water. (Water about 3X the volume of wheat). Cover and let stand - about 1 hour. Cool. Drain, and press or squeeze out excess water.
2. Wash, seed and dice Tomatoes.
3. Wash, and chop Green Onions.
4. Prepare Parsley. Rinse, remove leaves from stems, rinse leaves again in colander, and spin in a salad spinner. (Try to minimize amount of stems, but some stems OK.) Fine chop.
5. Combine all ingredients in a non-metallic container. Cover and refrigerate.

Notes:

1. Ingredient amounts are approximate. Adjust these based on what you like. (I prefer lots of parsley to wheat.)
2. Bulgur (sometimes spelled "Borgher" or "Bulghur") is a cracked wheat. In San Antonio, Sun Harvest carries "Borgher" Wheat in the bulk section.
3. Since this dish is not cooked, proper sanitation is paramount: rinse fresh vegetables repeatedly. *(And if you don't own a salad spinner, buy one. You need it for any cold salad you prepare, even those from 'Ready to Use' bags. This is most important with salads for small children.)*
4. For fresh lemon juice, roll lemons on a flat surface with pressure. Cut in half. Squeeze through a hand-held strainer.
5. As a variation, add crumbled Feta cheese. *(A non-traditional Casa Trakas specialty.)*