

Tabouli Salad

Ingredients

1 cup bulgur wheat (I like using medium grain)
4 firm Roma tomatoes, very finely chopped, or 1-2 pints of cherry tomatoes sliced in half.
1 English cucumber (hothouse cucumber), very finely chopped
2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
1 cup of kalamata olives
½ cup feta cheese
Salt
3-4 tbsp lemon juice
3-4 tbsp extra virgin olive oil



Instructions

Cook the bulgur as the label directs; cool. Transfer to a large bowl. Very finely chop the vegetables, herbs and olives as indicated above. Be sure to place the tomatoes in a colander to drain excess juice, or if you want, use small cherry tomatoes cut in half instead. Place the chopped vegetables, herbs and olives in the bowl with the bulgur and season with salt. Mix gently. Now add the lime juice, olive oil, and feta cheese and mix again. For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter.

I like to serve this “tapas style” at a small get together with other little dishes like Tahini, Meatballs, Falafel, Tzatziki, Baba Ganoush or Hummus, all with Pita on the side