

Tabbouleh Salad

3-4 med-large tomatoes, chopped + ½ tsp. salt
½ cup Bulgur + 2-3 tbsp. lemon juice + 2-3 tbsp. tomato juice

Dressing:

6 tbsp. olive oil
2-3 tbsp. fresh lemon juice
¼ tsp. salt
Pinch of cayenne pepper

Add to Mixture:

1½ cup fresh parsley, chopped
½ cup fresh mint, chopped
2 green onions, chopped

Instructions:

Place chopped tomatoes with ½ tsp. salt in a colander, mix and let juice of the tomatoes drain into a bowl for 30 minutes.

Mix in a small bowl the Bulgur, 2 tbsp. fresh lemon juice and 2 tbsp. of the drained tomato juice. Let mixture sit for 30 minutes at room temperature.

Whisk dressing ingredients in a large bowl.

After bulgur has sat for 30 minutes, mix into the dressing, then add the tomatoes, parsley, mint, and green onions. Cover the bowl w/ plastic wrap and let sit at room temperature for 60 – 75 minutes until bulgur is hydrated.

Makes 4 - 6 servings

Source: America's Test Kitchen

