

Tabouli Salad

*This **Tabouli Salad Recipe** is fresh and scrumptious. It's made with lots of herbs, bulgur, and a light lemon dressing for a truly delicious side dish.*

Ingredients

- ½ cup uncooked bulgur
- 3 tbsp. olive oil
- 3 tbsp. lemon juice
- ½ tsp. sea salt or to taste
- ¼ tsp. pepper or to taste
- 2 medium tomatoes, diced
- ½ cup finely chopped parsley
- ½ cup finely chopped scallions
- ¼ cup finely chopped mint



Directions

1. Cook the bulgur according to the package instructions. (Fine bulgur needs to be steeped and coarse needs to be cooked for 10 minutes). Allow the bulgur to cool and set aside.
 2. To a medium bowl, add the olive oil, lemon juice, salt, and pepper. Whisk well.
 3. To the same bowl add the cooled bulgur, tomatoes, scallions, parsley, and mint. Mix everything well and serve.
- **Allow the bulgur to cool.** This salad is best served chilled, so allow the bulgur time to cool down before adding it to the tomatoes and other ingredients.
 - **Pre-mix the dressing.** The dressing will emulsify and blend its flavors better if you mix the dressing ingredients together beforehand rather than adding them to the salad and mixing there.
 - **Cut the tomatoes small.** You don't want your tomatoes taking over the dish, so make sure to chop them on the small side for this Tabouli Salad.
 - **Fine chop the herbs.** Herbs can have a very strong taste when you get a mouthful of them, so make sure they are chopped fine to keep this delicate salad in balance.

Add-ins and Substitutes

- **Add other vegetables.** You can also make this with additional vegetables, such as cucumbers, kalamata olives, bell pepper, or radishes.
- **Make it gluten-free.** If you want to take the gluten out of this recipe, substitute the bulgur with some cooked quinoa or millet.

<https://youtu.be/q2FVkpV2mds?is=FPyVOeRPmdDYtkTu>