Tabouli Bulgur Wheat Salad

Ingredients

Salad

1 cup dry bulgur wheat

1 cup boiling water

½ chopped cucumber

2 stalks **celery**, chopped

1 tomato, chopped

4 green onions, chopped

¼ cup chopped fresh mint (or cilantro)

1 cup chopped fresh parsley

1 clove **garlic**, minced or ¼ teaspoon garlic powder

Dressing

¼ cup **lemon juice** (or vinegar or half of each)

2 Tablespoons vegetable oil

1 teaspoon pepper

1/4 teaspoon salt



Instructions

- 1. Wash hands with soap and water.
- 2. Place the bulgur in a large bowl and soak in the boiling water until the water is absorbed, about 30 minutes. Drain any excess water.
- **3.** In a small bowl or a jar with a lid, mix or shake the dressing ingredients together. Set aside.
- **4.** Add the chopped vegetables, herbs and garlic to the prepared bulgur.
- **5.** Pour the dressing over the salad and stir. Refrigerate for 2 to 3 hours and serve chilled.
- **6.** Refrigerate leftovers within 2 hours.





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