

HEALTHY FOOD

Tabbouleh recipe



Ingredients:

- 1 cup bulgur wheat
- 2 cups boiling water
- 2 cups finely chopped fresh parsley
- 1/2 cup finely chopped fresh mint
- 1 cup cherry tomatoes, diced
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup extra-virgin olive oil
- 1/4 cup lemon juice (about 2 lemons)
- Salt and black pepper to taste

Instructions:

1. **Prepare the Bulgur Wheat:**

- Place the bulgur wheat in a large bowl.
- Pour boiling water over the bulgur, ensuring it is fully submerged.
- Cover the bowl with a plate or plastic wrap and let it sit for about 20 minutes, or until the bulgur absorbs the water and becomes tender.

2. **Fluff and Cool:**

- Once the bulgur is ready, fluff it with a fork to separate the grains.
- Allow the bulgur to cool to room temperature.

3. **Chop the Vegetables:**

- In a large mixing bowl, combine the chopped parsley, chopped mint, diced cherry tomatoes, diced cucumber, and finely chopped red onion.

4. **Assemble the Salad:**

- Add the cooled bulgur to the bowl with the vegetables.

5. **Prepare the Dressing:**

- In a small bowl, whisk together the extra-virgin olive oil and lemon juice.
- Season the dressing with salt and black pepper to taste.

6. **Combine and Toss:**

- Pour the dressing over the salad ingredients.
- Gently toss the salad to combine all the ingredients and coat them evenly with the dressing.

7. **Chill and Serve:**

- Cover the Tabbouleh and refrigerate for at least 30 minutes to allow the flavors to meld.

8. **Serve:**

- Before serving, give the Tabbouleh a final toss.
- Serve chilled, and you can garnish with additional mint leaves or a drizzle of olive oil if desired.

Enjoy this light and flavorful Tabbouleh as a side dish or a refreshing salad on its own!