“Lebanese Style” Tabbouleh Salad

Makes 8 servings

Ingredients:
- 1 cup bulgur
- 6 tablespoons olive oil
- 2 cups boiling water
- 4 cups flat leaf parsley, finely chopped
- 1 cup mint, finely chopped
- 4 tomatoes, ¼ - inch diced
- 1 English cucumber, ¼ - inch diced
- 6 tablespoons lemon juice, fresh
- 1 ½ teaspoons sea salt
- ½ teaspoon pepper

Preparation:
In a heat resistant dish, stir 2 tablespoons of oil and bulgur wheat

Add boiling water, cover and let stand for 15 minutes

Chop and dice all other ingredients and place in a mixing bowl

Drain bulgur through a sieve, pressing to remove excess water

Toss with other ingredients, including the remaining 4 tablespoons of olive oil