

Israeli Tabouleh Recipe

This easy to make salad combines the nutty flavor of bulgar wheat with fresh vegetables and a touch of lemon juice to make a mouth-watering dish that is perfect as a side with meat and rice, or as a light salad for any meal.

Course Appetizer / Snack, Dinner, Entrees, Lunch, Main Dish, Soup/Salad
Cuisine Mediterranean

Servings

8 PEOPLE

Ingredients

- 1 cup bulgar wheat, soaked
- 3 roma tomato, chopped
- 3 green onion, chopped
- 1 1/2 bunches parsley, finely chopped
- 1 large english cucumber, peeled and chopped or 6 small persian cucumbers
- 1/3 cup olive oil
- 4-5 tablespoons lemon juice add more if desired
- 1 1/2 teaspoon salt

Instructions

1. In small bowl, rinse and soak bulgar in 3 cups boiling water for 1 hour. Strain water from bulgar and transfer to a medium bowl.

2. Add tomatoes, green onion, cucumbers, parsley and toss to combine.

3. In small bowl, whisk together olive oil, lemon juice, and salt. Pour dressing over tabouli and toss until salad is evenly coated. Refrigerate atleast 1 hour before serving.

Recipe Notes

Recipe Notes:

- Adjust lemon and salt as desired.
- Although tabouli is traditionally served as a side with meat and rice, it also makes a great topping on tacos, fish, sandwiches, serve it with eggs for breakfast and more.