

## **Tabbouli**

I can eat tabbouli every day! It is super healthy and tastes great with a side of hummus and warmed pita bread.

### **Ingredients**

8 cups (packed) fresh Parsley, stems removed, finely chopped (About 12 bunches)  
¾ cup Green Onion, finely chopped, white and green parts (about 1 bunch)  
4 cups firm Roma Tomatoes, finely diced (about 6-8 tomatoes)  
1 ½ cups Persian Cucumbers, finely diced (about 2-3 cucumbers)  
¼ cup jalapeno, seeded and finely chopped (about 1-2 jalapenos)  
½ cup fine Bulgur (#1)  
1 and ¾ cup Warm Water

### **Dressing**

2 tablespoons finely crushed Dried Mint  
2 tablespoons Sumac  
2 teaspoons Salt  
1/2 teaspoon Cayenne Pepper  
¾ cup Extra Virgin Olive Oil  
¾ cup Fresh Lemon Juice

### **Optional**

Drizzle of Pomegranate Molasses  
or  
Dash of Cinnamon

### **Garnish**

Romaine Lettuce

### **Preparation**

In a small bowl, soak bulgur in warm water and set aside for about 10 minutes or until bulgur has expanded and softened.

Mix parsley, onions, tomatoes, jalapenos and cucumbers in a large bowl.

In small bunches squeeze out the water of the bulgur with your hands and add to the tabbouli. Add mint, sumac, salt, cayenne pepper, olive oil and lemon juice, mix well, garnish with romaine lettuce and serve.

\*Optional- Lightly drizzle tabouli with Pomegranate Molasses for extra tang or add a dash of Cinnamon for a bittersweet spiced surprise.

\*You can mix the parsley, onions, cucumbers, jalapenos and bulgur one day ahead. Dice tomatoes and store in a separate bowl. Mix all ingredients for the dressing in a separate bowl. Toss all ingredients together and serve.

Serves 6-8