

07/19/11 - Tabouleh

Tabouleh is the perfect summer salad, refreshing, healthy, and easy to make.

Served cold or room temperature, it is a fine accompaniment to grilled kufte, kabob, and chicken along with some pita and hummus. Tabouleh is also wonderful on a buffet line up for barbecues. The green herbaceous flavor along with the lemon juice zip cools you down on a hot summer day.

Last night I grilled chicken thighs and served them with the minty, lemony tabouleh



Serves 4 to 6

1 cup of #2 bulgur

1 cup boiling water

3 cups chopped parsley (I use curly for this salad)

1 cup chopped fresh mint leaves

3/4 cup minced fresh scallions

2 and 1/2 cups diced fresh tomatoes

1/3 cup fresh lemon juice

1/3 cup extra virgin olive oil

1 teaspoon salt

1/2 teaspoon freshly ground pepper



Place bulgur in a medium bowl. Pour boiling water over it and set bowl aside. Place parsley, mint, scallions, and tomatoes in a salad bowl. Put lemon juice, olive oil, salt, and pepper together in a glass or small pitcher. Whisk to blend and then set aside. When bulgur has absorbed all of the water (in about 1/2 hour), separate grains with the tines of a fork. Add fluffed bulgur to herbs and tomatoes. Dress salad with the lemon juice, olive oil mix. Refrigerate until you eat. This salad serves 4 as a salad portion. It serves more people if it is part of a large buffet spread.



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