

# Carolyn's Tabbouli Salad

Prep time: 20 min

Cook time: 1 hr.

Yield: 1 qt.

Serving size: 8

Calories per serving: 132

## Ingredients:

1 cup bulgur wheat

2 cups boiling water

2 diced tomatoes or 1 diced red sweet pepper

3 chopped scallion

1 cup chopped parsley or 1 T. dried parsley

3 tablespoons chopped mint leaves or 2 drops of mint extract

1/4 cup oil

1/4 cup lemon juice

1 teaspoon salt

1/4 teaspoon cumin

1/4 teaspoon dried oregano or 1 t. oregano flakes



## Directions:

Pour boiling water over bulgur wheat. Mix and let stand for 1 hour.

Drain any remaining liquid (usually all the water is absorbed) and add remaining ingredients mixing well.

Chill and serve cold.