

SIMPLE TABBOULEH (GF OPTIONAL)

Servings - 4

Ingredients:

¼ cup fine bulgur wheat (or quinoa for GF)
1 small garlic clove, minced
Juice of 1 large lemon
1 bunch chopped fresh flat-leaf parsley, finely chopped
10 chopped fresh mint leaves
3 Roma tomatoes, very finely diced
1 cucumber, finely diced
4 scallions scallions, finely diced
Salt, preferably kosher salt, to taste
¼ C olive oil



Directions

1. Cook the bulgur (or quinoa) according to package directions, then set aside to let it cool.
2. Combine all other ingredients in a bowl (except the salt), then stir in bulgur (or quinoa). Let it sit in the fridge for at least 2-3 hours before serving. Season with salt to taste before serving.

This keeps in the fridge for up to 2 days.

Serve with pita bread, in lettuce cups, as is as a salad or however else you prefer.