

TABBOULEH SALAD

NON-COOK RECIPE

MAKES 36 $\frac{1}{3}$ -cup SERVINGS

3 cups bulgur (cracked wheat)

$\frac{1}{2}$ cup fresh lemon juice

$\frac{1}{2}$ cup olive oil

1 bunch fresh mint, chopped (about 1 cup)

2 bunches fresh parsley, chopped (about 2 cups)

1 bunch green onions, thinly sliced (about 1 cup)

2 medium cucumbers, peeled if desired, diced into $\frac{1}{2}$ -inch cubes

2 medium carrots, peeled and grated or chopped

3 large tomatoes (about 1- $\frac{1}{2}$ pounds total), cored and diced into $\frac{1}{2}$ -inch pieces

3 medium garlic cloves, minced or crushed through a press (optional)

1 teaspoon salt, or more to taste

Pepper to taste

Pita bread, cut into quarters, and/or romaine lettuce leaves

Place bulgur in a 4- to 5-quart bowl and cover with 4- $\frac{1}{2}$ cups hot water. Cover with plastic wrap or foil and set aside. Ask students to let you know when 30 minutes have passed.

Wash and prepare vegetables for salad: chop mint and parsley; slice green onions; peel and dice cucumbers and carrots; core and dice tomatoes; mince garlic.

In a larger mixing bowl, combine lemon juice, oil, mint, parsley, green onions, cucumbers, carrots, tomatoes, garlic, and 1 teaspoon salt.

After bulgur has soaked for 30 minutes, drain in a fine sieve or squeeze in a clean tea towel to remove excess moisture. Add bulgur to other ingredients in larger bowl, stirring and tossing to mix well. Season to taste with additional salt and pepper. Serve with pita bread and/or romaine lettuce leaves to scoop salad instead of using a fork.

Skills Developed

Measure	Slice
Mix	Peel
Chop	Grate