

## Let's Make Super Salads April 2015

### Tabouli Salad

Serves 4-6

#### Ingredients

1 cup bulgur wheat  
1 1/2 cups water  
3/4 teaspoon salt  
1/2 bunch of parsley, chopped  
2 scallions, chopped  
2 medium tomatoes, chopped

#### Dressing Ingredients

1/4 cup lemon juice  
1/2 cup olive oil  
1 teaspoon garlic, minced  
2 teaspoons fresh mint or  
1/2 teaspoon dried mint  
1/4 teaspoon black pepper

#### Optional Add-ons

1 cup garbanzo beans, cooked  
1 cup green peppers, chopped  
1 carrot, grated  
1 cucumber, seeded and chopped  
1 cup feta cheese, crumbled  
Greek olives

#### Directions

- 1) Place bulgur in a medium bowl. In saucepan bring water and salt to boil. Pour boiling water over the bulgur and set aside to for 15-20 minutes until water is absorbed.
- 2) Place all dressing ingredients into pint jar. Cover and shake to mix well.
- 3) Pour dressing over bulgur. Mix in parsley and scallions.
- 4) Just before serving mix in tomatoes.
- 5) Offer any or all of the optional add-ons in small separate dishes when serving. Or they may be mixed in before serving.

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