



# Tabooli

## ingredients

- 1 cup cracked wheat (fine bulgar wheat)
- 1 bunch scallions, chopped fine
- 1 bunch parsley, chopped fine
- ¼ cup fresh mint, chopped fine
- 4 tomatoes, chopped fine
- ⅓ cup extra virgin olive oil
- 3 Tbsp. lemon juice
- 1 garlic clove, chopped fine
- ½ tsp sea salt
- ¼ tsp black pepper

## directions

- Soak bulgar wheat in water for 1 hour or until soft
- Whisk olive oil, lemon juice, garlic, salt and pepper in large bowl
- Add scallions, parsley, mint, tomatoes and mix
- Add bulgar wheat and mix all ingredients together