

TABBOULEH

Vegan option, gluten-free option

INGREDIENTS

- 1 cup bulgur wheat
 - **OR** couscous
 - **OR** Quinoa for gluten-free option
- 1 1/2 cups boiling, salted water (1 cup if using couscous) **OR** vegetable stock
- Zest of two lemons
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup olive oil
- 3 1/2 tsps kosher salt
- 1 cup minced scallions, white and green parts (1 bunch)
- 1 cup chopped fresh mint leaves
- 1 cup chopped flat-leaf parsley
- 1 persian or hothouse cucumber, *unpeeled, seeded and small diced*
- 2 cups cherry tomatoes, *small diced*
- 1 tsp ground black pepper
- Optional:
 - 1/2 cup feta cheese (vegan OK), *cut into small cubes*
 - pomegranate seeds
 - carrot, *minced*

INSTRUCTIONS

1. Cook bulgur (or couscous or quinoa) according to package directions. Typically 1 to 1 for couscous, 1 to 1 ½ for bulgur and quinoa.
2. Remove from heat, pour it on a platter in order to let it cool faster.
3. While the bulgur/couscous/quinoa is cooling down, prepare vegetables and herbs.
4. In a large bowl, combine vegetables, herbs, and grains once they are cooled (you don't want to cook/steam the delicate vegetables.)
5. Add the lemon juice and zest, and the olive oil. Adjust seasoning if needed.
6. Pour it back on platter, top with cheese, or other toppings if desired.
7. If you have the time, cover and let the flavors marry. If serving the next day, refrigerate. Best served at room temperature.

