

## **Tabouli (Wheat Salad)**

- ½ cup finely crushed bulgar wheat
  - 1 cup water
  - 1 cup finely chopped, fresh parsley
  - ½ cup chopped green onions
  - 1 medium fresh tomato, chopped
  - 3 Tablespoons fresh lemon juice
  - 1 clove garlic, crushed
  - 1 Tablespoon olive oil
  - ½ teaspoon soy sauce
  - ¼ teaspoon black pepper
  - Salt, to taste
  - Lettuce leaves
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- Bring water to a boil, slowly add bulgar wheat. Continue to boil for 5 minutes. Cover and let stand for 20-30 minutes. Drain well. Add vegetables.
  - Mix lemon juice, garlic, oil, salt, and pepper. Add to salad. Toss lightly to coat ingredients. Refrigerate for 24 hours.
  - Serve tabouli on a bed of lettuce.