

Lebanese-Style Tabouli

Prep Time: 35 Minutes Cook Time: 5 Minutes Ready In: 2 Hours

Servings: 8

"Ground cinnamon and mint set off this Middle Eastern parsley and bulgur salad."

Ingredients:

2/3 cup water
1/3 cup bulgur
1 tablespoon salt
1 teaspoon ground cinnamon
3/4 cup fresh lemon juice
1/2 cup olive oil
1 3/4 pounds tomatoes, chopped
2 onions, finely chopped
2 bunches fresh parsley, chopped
1 bunch fresh mint, chopped



Directions:

1. Bring the water to a boil in a small saucepan over high heat. Remove from the heat, stir in the bulgur, cover, and let stand 20 minutes.
2. Scrape the bulgur into a mixing bowl, and stir in the salt, cinnamon, lemon juice, olive oil, tomatoes, onions, parsley, and mint. Stir, then refrigerate uncovered 1 hour until cold.