

Tabouli

Ingredients

3 bunches	finely chopped flat leaf parsley
1 cup	chopped fresh mint
2-3 tbsp	fine Arbel bulgur
1	chopped firm tomato
1/2	onion OR 2 chopped scallions
1/2 cup	extra virgin olive oil
1/4 cup	fresh lemon juice
1/2 tsp	cayenne pepper (optional)
	salt and pepper to taste

Prepare chopped parsley and mint and set aside.

In a large bowl, mix the Arbel fine bulgur, chopped tomatoes, chopped onions/scallions, lemon juice, salt and pepper. Add parsley, mint and olive oil and mix, adjusting seasoning by adding more oil and lemon if desired.

Serve cold, garnished with romaine lettuce.

