

## Tabouli

serves 6-8

Start to soak the bulghar wheat at least 3 hours before serving time. It needs to thoroughly marinate and chill.

1	cup dry bulghar wheat
1 and 1/2	cups boiling water
1 and 1/2	tsp. salt
	Juice of one-half a lemon or lime
1	heaping tsp. crushed, fresh garlic
1/2	tsp. dried mint
1/4	cup good olive oil

add after chilling:

1/2	cup chopped scallions (about 4) (include greens)
2	medium tomatoes, diced
1	packed cup (scant bunch) of freshly chopped parsley
	fresh black pepper to taste

Combine bulghar, boiling water and salt in a bowl. Cover and let stand 15-20 minutes, or until the bulghar is chewable.

Add lemon juice, garlic, oil and mint and mix thoroughly. Refrigerate 2-3 hours.

Just before serving, add the vegetables and mix gently. Adjust seasonings if necessary. Garnish with feta cheese and olives.

Optional additions:

1/2	cup cooked chickpeas
1/2	cup coarsely-grated carrot
1	chopped green pepper
1	chopped cucumber or summer squash