Taste Washington Day
October 7, 2020

Local Fresh Delicious

Tomatoes
Tabouleh Salad

**Ingredients:**
- ¾ cup water, boiling
- ¼ cup bulgur (cracked wheat)
- ½ small cucumber, diced and peeled
- 1/3 cup tomatoes, diced
- 1 heaping tablespoon red onion, diced
- ½ cup parsley, finely chopped
- 2 ½ Tablespoons mint, finely chopped
- ⅛ clove, or 1 very small clove garlic, minced

**Directions:**
- Place the bulgur in a large bowl and cover with boiling water. Leave the bulgur in the water for about 45 minutes, or until it has absorbed most of the water. Drain any excess water.
- While the bulgur is soaking, chop and mix the cucumber, tomato, and onion. Finely chop the parsley and mint, and mince the garlic. Combine herbs, vegetables and garlic, and mix with the soaked and drained bulgur.
- Prepare the dressing (below)
- Refrigerate for at least 1 hour and serve.

**Dressing Ingredients:**
- 2 ½ Tablespoons lemon juice
- ¼ cup olive oil
- 1 teaspoon diced green pepper
- Pinch of salt, to taste

**Directions:**
- In a bowl, whisk the olive oil into the lemon juice. Add the green pepper and salt. Whisk to combine.