Taste Washington Day

Tomatoes

LOCAL ★ FRESH ★ DELICIOUS

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
¼ 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.

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