

Tabbouleh

2 cups of bulgur – presoaked for 1 hr.
3 cups Parsley, finely chopped (I coarse chop)
¼ cup of mint, finely chopped (I use dry ~ 3 tbsp)
3 green onions/scallions (I use the whole bunch)
¼ tsp black pepper freshly ground
¼ tsp. cumin seed ground (I add more)
½ tsp salt
2 medium tomatoes, seeded & diced (I don't seed & I chop)
3 tbsp lemon juice (I use bottled)
1 medium cucumber, peeled & sliced
1 head romaine lettuce, washed with leaves separated
3 tbsp olive oil

To presoak the bulgur, place 2 cups in a bowl and add 2 cups water, mix & let stand for 1 hour. In a large bowl, using a wooden spoon, gently mix together all ingredients except the oil, cucumber & lettuce. Chill for 1 hour to blend the flavors. Before serving, toss with the olive oil. Arrange the lettuce leaves like the spokes of a wheel on a plate and mound the mix in the center. Scatter the cucumber over the plate.