

Monthly
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Simply Seasonal

Tabouli Salad

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Tabouli Salad

Ingredients

1 c. bulgur, quinoa, or
wheat berries*)
2 T. onion*, minced
2 cloves garlic*, minced
3 c. parsley*, minced
1 tomato*, chopped
1 cucumber*, chopped
3 T. olive oil
2 T. lemon juice
Salt to taste

*can be found locally

Directions

If using bulgur, pour 2 cups hot water over grain, stir and let sit until water is absorbed. If it's too crunchy, add more hot water to reach your desired consistency. If using quinoa, add 2 cups water to grain and cook, covered for 20 min. If using wheatberries, combine with 3 cups water, cover and cook for 60-90 minutes.

1. In a large bowl combine grain, onion, garlic, parsley, tomato, and cucumber.
2. In a small bowl combine olive oil, lemon juice and salt.
3. Drizzle dressing over grain mixture and stir to combine.