

TABOULI

1 cup dry bulgur wheat
1 ½ cups boiling water
1 to 1 ½ tsp salt

¼ cup fresh lemon juice
¼ cup olive oil
2 medium cloves garlic, crushed
Black pepper to taste

4 scallions, finely chopped
1 packed cup minced parsley
10 to 15 fresh mint leaves

(or 1 to 2 tsp dried mint leaves)
2 medium sized ripe tomatoes

OPTIONAL:

½ cup cooked garbanzo beans
1 medium bell pepper diced
1 small cucumber diced

Combine bulgur and boiling water in a medium large bowl. Cover and let stand until the bulgur is tender (20 to 30 minutes, minimum)

Add salt, lemon juice, olive oil, garlic and black pepper and mix thoroughly. Cover and refrigerate until about 30 minutes before serving.

About 30 minutes before serving stir in remaining ingredients (including optional additions) and mix well. Serve cold with warm wedges of pita bread.