

TABOOLI

Parsley & Cracked Wheat Salad



Healthy and tasty, especially in the summer when the parsley, mint, and tomatoes are plentiful and fresh. Unlike deli tabooli, the parsley should be much more abundant than the cracked wheat.

INGREDIENTS

½ cup fine cracked wheat

3 large bunches of parsley (3-4 cups chopped)

½ cup mint leaves (fresh, or 1 tablespoon dried)

1 bunch green onions, chopped (*some people prefer diced yellow onion*)

5 large, ripe tomatoes, diced

Juice of 3 lemons (to taste)

¾ cup extra virgin olive oil

Salt and pepper to taste

INSTRUCTIONS

Clean and wash vegetables and chop.

Add tomatoes to wheat and let wheat soak juice for approximately 10 minutes.

Add all ingredients together and mix well. Adjust seasoning to taste.

* Serve with Romaine lettuce leaves or fresh grape leaves as scoops for an extra treat.