

Tabouli Bulgur Wheat Salad

Ingredients

Salad

- 1 cup dry **bulgur wheat**
- 1 cup boiling **water**
- ½ chopped **cucumber**
- 2 stalks **celery**, chopped
- 1 **tomato**, chopped
- 4 **green onions**, chopped
- ¼ cup chopped fresh **mint** (or cilantro)
- 1 cup chopped fresh **parsley**
- 1 clove **garlic**, minced or ¼ teaspoon garlic powder

Dressing

- ¼ cup **lemon juice** (or vinegar or half of each)
- 2 Tablespoons **vegetable oil**
- 1 teaspoon **pepper**
- ¼ teaspoon **salt**



Instructions

1. Wash hands with soap and water.
2. Place the bulgur in a large bowl and soak in the boiling water until the water is absorbed, about 30 minutes. Drain any excess water.
3. In a small bowl or a jar with a lid, mix or shake the dressing ingredients together. Set aside.
4. Add the chopped vegetables, herbs and garlic to the prepared bulgur.
5. Pour the dressing over the salad and stir. Refrigerate for 2 to 3 hours and serve chilled.
6. Refrigerate leftovers within 2 hours.



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