

Authentic Lebanese Tabouli (1)

This is the real Lebanese Tabouli which you will notice has little Bulgur in it. There are two kinds of Bulgur: fine or coarse, and for Tabouli we use fine. You can find fine Bulgur in Lebanese/Middle Eastern grocery stores. Lebanese like to eat their Tabouli with crisp hearts of romaine lettuce. It's so refreshing, especially on a hot summer day! Try mixing the salt and pepper with the chopped onions before adding them to the other ingredients; it brings out the sweet juice of the onion.

- 3 bunches finely chopped flat leaf parsley
- 1 cup chopped fresh mint
- 2-3 tablespoons fine bulgur
- 1 chopped firm tomato
- 1/2 onion or 2 scallions chopped
- 1/2 cup extra Virgin olive oil
- 1/4 cup fresh lemon juice
- salt and pepper to taste
- 1/2 teaspoon cayenne pepper (optional)

Directions

1. Prepare the chopped parsley and mint and set aside.
2. In a large bowl, mix Bulgur, chopped tomatoes, chopped onions/scallions with lemon juice, salt and pepper. Add to them the parsley and mint and olive oil and mix, adjusting seasoning by adding more oil and lemon if desired.
3. Serve cold garnished with romaine lettuce.

<http://www.epicurious.com/recipes/member/views/AUTHENTIC-LEBANESE-TABOULI-1219893>

Tabbouleh Salad with Bulgur, Quinoa, or Cracked Wheat (2)

- 1/2 cup bulgur (see Recipe Notes for quinoa and cracked wheat versions)
- 1 lemon
- 1 to 2 large bunches of flat leaf parsley, washed and dried
- 1 large bunch of mint, washed and dried
- 2 scallions
- 2 medium tomatoes
- 1/4 cup of extra-virgin olive oil, divided
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice (optional)
- 1 small cucumber (optional)
- A few whole leaves of mint for garnish

Directions

1. Soak the bulgur. Place the bulgur in a small bowl and cover with very hot (just off the boil) water by 1/2-inch. Set aside to soak until softened but still chewy, about 20 minutes.
2. Prep the herbs and vegetables. While the bulgur is soaking, juice the lemon and chop the parsley and mint. You will need roughly 1 1/2 cup packed chopped parsley and 1/2 cup packed chopped mint for this amount of bulgur. Slice the scallions thinly to equal a heaping 1/4 cup. Medium chop the tomatoes; they will equal roughly 1 1/2 cups. Medium chop the cucumber, about 1/2 cup.
3. Dress the bulgur. When the bulgur is done, drain off any excess water and place in the large bowl. Add 2 tablespoons of olive oil, 1 tablespoon of lemon juice, and 1/2 teaspoon of salt. Toss to coat the grains. As you finish prepping the herbs and vegetables, add them to the bowl with the bulgur, but reserve half of the the diced tomato to use for garnish.
4. Season and toss. Add 2 more tablespoons of olive oil and another 1 tablespoon of lemon juice and the optional allspice to the bowl. Toss everything together, taste, and adjust seasonings as needed.
5. Garnish. To serve, garnish the tabbouleh with the reserved tomato and a few whole mint sprigs. Serve at room temperature with crackers, cucumber slices, fresh bread, or pita chips.

Recipe Notes

- To make Quinoa Tabbouleh, just substitute 1 cup of cooked quinoa for the bulgur.
- To make tabbouleh with cracked wheat, substitute 1 cup of cooked cracked wheat for the bulgur.
- Tabbouleh is very flexible. Feel free to add more or less of any ingredient based on your palate. The ground allspice may sound unusual but I encourage you to try it. It adds a touch of warmth and spice.

Tabouli (3)

- 1 cup bulgur wheat
- 1-1/2 cups water
- 1-1/2 tsp salt
- 1/4 cup lemon juice
- 2 tbsp olive oil
- 4 tbsp onion
- 1 cup parsley
- 1/2 cup fresh mint
- 4 tomatoes

Directions

1. Add bulgur wheat to boiling water and let stand for 30 minutes
2. Combine oil, lemon juice, garlic, salt and pepper
3. Finely chop parsley, onion, mint, and tomatoes
4. Mix all together well

<http://caloriecount.about.com/tabouli-recipe-r2872#ixzz2yP59MHV4>

Tabouli (4)

- 1 cup medium-grind bulghur (might be labeled as #2 grade)
- 1 cup boiling water
- 1 cup each diced tomato and cucumber
- ½ cup diced onion (soak in ice water to crisp it and mellow it) or green onions (don't need to soak those)
- 1 cup chopped parsley
- ¼ cup chopped mint (or cilantro or dill if mint isn't available)

For The Dressing:

- ¼ cup fresh lemon juice
- ½ cup extra virgin olive oil (it really does make a difference in this case)
- 1 clove garlic, minced
- 1 teaspoon each salt and pepper

Directions

1. Mix the bulghur and water in a bowl and cover. Let it sit about 15 minutes, or as long as it takes you to cut up everything.
2. Cut up everything.
3. Mix the dressing ingredients together.
4. Mix the bulghur and vegetables and herbs.
5. Pour the dressing over it all and mix well.
6. Let it sit about an hour for flavors to blend.
7. Eat it.

Tabouli - Dede Med (5)

- 2 large tomatoes or 2 Cups Diced tomatoes
- 1 cup chopped green onion
- 4 cups chopped parsley flat leaf
- 1 cup yellow onion chopped
- 5-8 leaves fresh mint
- 1/4 cup bulgar
- 1 tsp dry mint
- 1 tsp salt
- 1/2 Cup lemon juice
- 1/2 Cup Extra Virgin Olive Oil
- 1/2 tsp cayenne pepper

Directions

1. Rinse bulgar in a bowl and poor off excess water, let sit for 10 minutes.
2. Rinse and finely chop parsley and fresh mint leaves and place in a bowl.
3. Add chopped tomato, green onion, yellow onion, and soaked bulgar and combine with parsley.
4. In a separate small bowl combine salt, dry mint, lemon juice, olive oil and cayenne pepper then add to parsley mixture and let sit for 5 minutes before serving to allow bulgar to absorb some of the dressing.
5. Serve individual leaves of lettuce as an appetizer.

<http://www.dedemed.com/mediterranean/tabouli-recipe>

Mediterranean Tabouli Salad (6)

- 1 cup wheat bulgur (dry), makes 2 cups after combining with liquid
- 1/2 medium onion, minced
- 2 cloves garlic, press or chopped
- 3 cups minced fresh parsley
- 1 medium tomato, chopped
- 3 TBS extra virgin olive oil
- 1 TBS fresh lemon juice or wine vinegar
- sea salt and pepper to taste

Directions:

1. Place 1 cup wheat bulgur and salt to taste in a bowl. Pour 2 cups boiling water or broth over the bulgur, stir once and let sit for 15-20 minutes until liquid is absorbed.
2. Mince onion and press or chop garlic and let sit for 5 minutes to bring out their hidden health properties.
3. Combine all ingredients and mix well.
4. For added flavor you may want to add more olive oil and lemon juice.

Serves 4

<http://www.whfoods.com/genpage.php?tname=recipe&dbid=220>

Cilantro Tabouli (7)

Ready In: 3 Hours 35 Minutes Servings: 6

- 2 1/4 cups water
- 1 cup bulgur wheat
- 2 tomatoes, seeded and finely chopped
- 2 green onions, sliced into thin slivers
- 3/4 cup coarsely chopped fresh cilantro
- 2 cloves garlic, minced, or to taste
- 2 lemons, juiced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly cracked pepper
- salt to taste

DIRECTIONS:

1. Bring water to a boil in a saucepan, turn off the heat, and stir in the bulgur wheat. Cover and let sit for 30 minutes to absorb water. Strain off any liquid left unabsorbed, if necessary.
2. Place the bulgur wheat in a large salad bowl, and lightly toss with the tomatoes, green onions, cilantro, garlic, lemon juice, olive oil, cumin, pepper, and salt until thoroughly combined. Refrigerate the salad for at least 3 hours to blend the flavors; serve cold.

<http://allrecipes.com/recipe/cilantro-tabouli/>