

## TABOULEH SALAD

Contributed by Georgina Gall

This is a middle eastern salad. Its fresh tasting and delicious- full of herbs so it must be good for you. I don't always use cucumber and it works fine, but then I use more tomato. Its one of my sister Georgies favourites, along with Greek salad. Mine too!

2/3 cup bulgur wheat (also called burghal –it's a roasted cracked wheat)  
1/2 cup fresh mint, chopped  
1-1/2 cups fresh parsley, chopped  
1 large tomato, diced  
1 medium cucumber, peeled, seeded and diced  
2/3 cup green onions, chopped  
1/4 cup extra virgin olive oil  
1/3 cup fresh lemon juice  
pinch of salt

Soak bulgur wheat in cold water for 2 hours (or as directed on package). Drain well, squeezing out any excess water. Mix all ingredients together in large bowl. Cover and chill. Serve tabouleh mounded on a bed of lettuce, accompanied by extra lettuce leaves, lemon wedges and warm pita bread.



Rosie, Georgie and Rick in the last century!