



## Blue Hill Co-op Tabouli

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### Ingredients:

3 cups bulgur wheat  
4 cups boiled water

In a bowl combine the bulgur and water, cover and allow 20 minutes to absorb.

One small red onion or one bunch scallion--minced or thinly sliced  
½ to 1 cup sliced Kalamata olives  
4 ripe tomatoes--chopped  
2 bunches of parsley--minced

Toss the vegetables with the “cooked” bulgur.

½ cup lemon juice  
½ cup olive oil  
1 tsp garlic powder  
Salt & pepper to taste

Toss the dressing with the salad and adjust seasoning to your liking.

Serves 6-8.