

Smart Lifestyle Recipes

By Najwa Medina

Tabbouleh (1 of 3)

Serves 8 – 10

3 bunches	Italian parsley	½ cup	fresh mint
4	large Roma tomatoes	1	small onion
½ cup	fine bulgar wheat	½ cup (or to taste)	olive oil
½ cup	fresh sqzd lemon juice	½-1 teaspoon (or to taste)	
½ bunch	green onions	allspice	

Tabbouleh (2 of 3)

1. Wash, then dry the parsley. (The parsley may be washed the night before, then wrapped in a heavy towel to dry overnight.) Finely chop the leafy parts with a sharp knife or use the chopping blade with a food processor.
2. Soak the bulgar with the lemon juice.
3. Dice the tomatoes into small pieces and add to the bulgar that is soaking.

Tabbouleh (3 of 3)

1. Wash and finely chop the mint and green onions including the green tops (or add the dried mint.) Add to the chopped parsley.
2. Finely chop the small onion. Mix with salt and allspice.
3. Just before serving, mix all the ingredients together and stir in the oil. Taste for seasoning. Serve with leaf or romaine lettuce leaves.