

Tabouli:

Bulgar wheat (prepared). If you get it at New Leaf, cracked bulgar wheat, then prepare like rice a 2:1 ratio (2 cups of water to 1 cup wheat)

Parsley 1 full bunch, pinch the flowers off, use them, no stems

Scallions 1 full bunch sliced thin, green stem part only and some of the white onion for more secret flavor!!

Lemon juice 2 tablespoons to taste

Olive oil 2 tablespoons to taste

Salt sprinkle to taste