



## **Tabouli Salad**

Adding a bit of cooked tabouli to your Israeli salad changes the whole texture and feel of this dish. Some add chopped mint or parsley. Everyone serves it with lemon juice, olive oil and a pinch of salt. You can find Tabouli in the rice aisle or ethnic food section of your local supermarket. You can use plain, unflavored Tabouli, or the even the pre-seasoned brands. (Similar to buying a box of rice pilaf.) The Tabouli only takes a minute to prepare, and another 5 minutes until it's ready!

### Ingredients:

½ cup uncooked Tabouli (plus water and olive oil)  
4-5 firm tomatoes (I prefer plum tomatoes, but any will do)  
1 English cucumber (or 3-4 pickling cucumbers)  
Olive oil  
Juice from a lemon  
Pinch of salt  
Chopped mint or parsley, optional

### Directions:

1. Prepare Tabouli according to boxed instructions
2. Dice the tomatoes and vegetables
3. Stir in the Tabouli
4. Drizzle with olive oil and lemon juice. Add a pinch of salt (or more to taste).

**Serves 8.**