

LEMON TABOULI
with
Romaine
Serves 10

Tabouli mix , or Bulgur wheat	1 cup
Garlic fresh minced	2 cloves
Lemon juice	½ cup, fresh
Lemon essence	3 lemons
Parsley, flat leaf, chopped	1 large bunch
Fresh mint, slivered	1 small bunch
Scallions , finely chopped	1 cup
Tomatoes, fresh, chopped	3 cups
Romaine leaves	2 head

Salt and pepper to taste

Rinse the Tabouli mix under cold running water in a fine sieve and soak for 15 minutes in the lemon juice.

Use a fork to fluff the bulgur.

In a bowl, combine the tomatoes, garlic, scallions, lemon essence, salt and pepper. Drizzle with the olive oil and toss. Fold in the bulgur, parsley and mint and mix well. Refrigerate, stirring occasionally.

Taste and correct with additional lemon, salt and pepper as desired.
Serve with crisp inner leaves of romaine for scooping up the salad.