



FROM THE KITCHEN OF: YOUSSEF ALONZO  
ACCOUNT EXECUTIVE - JSG SPOKANE

# TABOULEH

## INGREDIENTS

- 1 teaspoon lemon zest
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/4 teaspoon ground black pepper
- 1 teaspoon salt
- 1/4 cup cracked bulgur
- 1/2 red onion
- 140 grams flat-leaf parsley
- 140 grams Lebanese cucumbers
- 225 grams ripe tomatoes

## INSTRUCTIONS

Mix the lemon zest, lemon juice, olive oil, black pepper, and salt all together in a bowl, then add the bulgur wheat. Let it soak for 1 to 2 hours, depending on the coarseness of your bulgur and how soft you want it. The finer the bulgur, the better.

Chop the red onion in small dices and add it to the mix.

Wash the parsley. Remove all the stems, then grab a handful and roll it up and slice the roll as thinly as possible. Chop the parsley in the opposite direction to the direction you sliced and you should get it finely chopped.

Add the parsley to a large bowl along with the cucumbers, tomatoes and onions. Add the soaked bulgur along with the dressing and toss them together. Enjoy!

"THE VIBRANT AND FRESH "TOUBLEH" SALAD HAS ALWAYS BEEN AN OLD TIME FAVORITE OF MY FAMILY. AS A CHILD DURING THE FESTIVE SEASONS, MY TASTE BUDS WOULD JINGLE WHEN MY MOM WOULD SAY, "GUESS WHAT WE'RE HAVING THIS EVENING?....TABOULEH!"

