SALADS

# Tabouli Salad

A lemony bulgur salad made from the co-op's mix.

**Chill 1 hour**

## Ingredients

### Salad

1 cup tabouli salad mix

1¼ cups boiling water

2 tbsp olive oil

2 large tomatoes, diced

2 tbsp fresh lemon juice

### Optional additions

Chopped fresh parsley

Sliced green onions

Diced cucumber

Fresh mint

## Directions

1. Combine the mix, boiling water, and olive oil in a bowl.
2. Refrigerate for 1 hour, then fluff with a fork.
3. Fold in tomatoes and lemon juice. Add any of the optional vegetables or herbs.

### Mix ingredients

Organic bulgur wheat, dried onion, sea salt, spices, dried garlic, peppermint, citric acid, organic expeller-pressed canola oil, organic rosemary extract, and natural lemon flavor.

**Contains wheat.**