



Tabouli

From Tom and Mary Kay

- 1 cup bulgar
- $\frac{1}{2}$ cup warm water
- 1 tomato, peeled and chopped
- $\frac{1}{2}$ cup finely chopped parsley
- 2 tablespoon cooking oil
- 1 tablespoon olive oil
- 2 tablespoons chopped green onion
- 1 teaspoon mint (optional)
- $\frac{1}{2}$ teaspoon salt, dash pepper
- $\frac{1}{4}$ cup lemon juice

- Combine bulgar and warm water, let stand 1 hour.
- Stir in tomatoes, parsley, green onion, mint, salt and pepper.
- Combine oils and lemon juice.
- Toss with bulgar mixture
- Cover and chill.

Serves 6