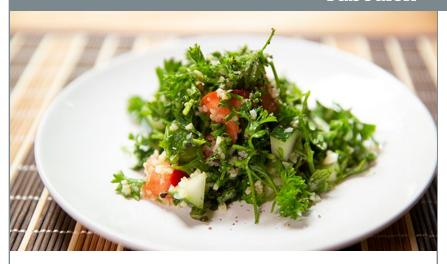




JONATHAN AMMONS

Tabouleh



INSTRUCTIONS

- O Begin by pouring boiling water over Bulgur wheat, allowing it to
- O soak for 10-12 minutes.
- O Meanwhile, wash and dry fresh mint and parsley, before chopping it and adding to a mixing bowl.
- O Next chop cucumbers, green onions, and tomatoes, mixing them in with the bowl.
- O Drain the bulgar wheat in a sieve, and squeeze it with your hands to leech out all that excess water. Add it to the mixing bowl.
- O Douse the whole blend of ingredients with salt, pepper, olive oil, and squeeze a lemon over the whole bowl. Mix well, and serve.

SHOPPING LIST

- O 1/2 Cup Bulgur Wheat
- O 1 Cucumber chopped
- O 1-2 medium sized Tomatoes, chopped
- O 4-5 Green Onions, sliced
- O 1 Bunch Mint, coarsely chopped
- O 2 Bunches Parsley, coarsely chopped
- O Olive Oil (to taste)
- O Lemon (to taste)
- O Salt and Pepper (to taste)