

Tabouli Salad



- ½ cup of cracked wheat
- 4 firm Roma tomatoes, very finely chopped
- 1 English cucumber (hothouse cucumber), very finely chopped
- 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
- 12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- 4 green onions, white and green parts, very finely chopped
- Salt
- 3-4 tbsp lime juice (lemon juice, if you prefer)
- 3-4 tbsp extra virgin olive oil

Directions:

Crack the wheat either in your Bosch Blender or the Harvest Grain mill and soak it in 2 cups of hot water for at least an hour (I leave it overnight) . Drain off water.

Use a processor if you wish by pulsing the tomatoes, cucumber, parsley, and mint separately and adding to salad bowl. Make certain to drain tomatoes in a colander first. Add the finely chopped green onions and the drained crack wheat and the citrus juice and olive oil and mix lightly.