



# Smart LifeStyle Recipes

By Najwa Medina

## Tabbouleh

**Servings: 8-10**

**Vegan**

3 bunches	Italian parsley
4	large Roma tomatoes
½ cup	fine bulgar wheat
½ cup	fresh squeezed lemon juice
½ bunch	green onions
½ cup	fresh mint
1	small onion
½ cup (or to taste)	olive oil
½-1 tsp (or to taste)	allspice

1. Wash, then dry the parsley. (The parsley may be washed the night before, then wrapped in a heavy towel to dry overnight.) Finely chop the leafy parts with a sharp knife or use the chopping blade with a food processor.
2. Soak the bulgar with the lemon juice.
3. Dice the tomatoes into small pieces and add to the bulgar that is soaking.
4. Wash and finely chop the mint and green onions including the green tops (or add the dried mint). Add to the chopped parsley.
5. Finely chop the small onion. Mix with salt and allspice.
6. Just before serving, mix all the ingredients together and stir in the oil. Taste for seasoning. Serve with leaf or romaine lettuce leaves.