

## Tabbouleh

3 medium round tomatoes (about 1 pound)  
1 bunch fresh parsley  
1 bunch fresh mint  
2 scallions  
½ cup medium-grind bulgur  
2 lemons  
6 Tablespoons extra-virgin olive oil  
⅛ Teaspoon cayenne pepper  
Salt and pepper



Core 3 medium round tomatoes and cut into ½-inch pieces. Toss tomatoes and ¼ teaspoon salt in large bowl. Transfer to fine-mesh strainer, set strainer in bowl, and let stand for 30 minutes, tossing occasionally.

Meanwhile, chop enough fresh parsley to yield 1½ cups. Set aside. Chop enough fresh mint to yield ½ cup. Set aside. Thinly slice 2 scallions. Set aside. Juice 2 lemons to yield ¼ cup juice. Set aside.

Once tomatoes have finished draining, rinse ½ cup medium-grind bulgur in fine-mesh strainer under cold running water. Drain well. Transfer to medium bowl and stir in 2 tablespoons lemon juice and 2 tablespoons juice from drained tomatoes. Let stand until grains are beginning to soften, 30 to 40 minutes.

Whisk remaining 2 tablespoons lemon juice, 6 tablespoons extra-virgin olive oil, ⅛ teaspoon cayenne pepper, and ¼ teaspoon salt together in large bowl. Add drained tomatoes, soaked bulgur, chopped parsley, chopped mint, and scallions. Toss gently to combine. Cover and let stand at room temperature until flavors have blended and bulgur is tender, about 1 hour. Toss to re-combine, season with salt and pepper to taste, and serve immediately.

Bulgur comes in several different grind sizes; medium is the most widely available size, with grains about the size of sesame seeds or kosher salt. Bulgur is made by boiling, drying, and grinding wheat kernels, so it only needs to be reconstituted and instead of water, the lemon juice and water drained from the tomatoes, salted to draw out their liquid. Soaking the grains in a flavorful liquid makes sense for a salad that can taste washed out

<https://www.americastestkitchen.com/recipes/7094-tabbouleh>.