

KIM'S SALAD TABOULI
(No Lemon Juice required)



- 3 C Bulgur (Cracked Wheat) usually in the bulk section of the grocery)
- 4-6 Roma Tomatoes seeded and diced
- 2 bunches green onions cleaned and sliced
- 1 lrg cucumber seeded and diced
- 1/3 C chopped Parsley (no stems)
- 1/3 C Spearmint leaves chopped no stems (regular mint will work but prefer Spearmint for this recipe)

- 1/2 C NAPOLEON White Balsamic Vinegar (to start)
- 1/3 C NAPOLEON Olive Oil (to start)

Directions:

Bring 6 cups water to a boil, turn off the heat add the bulgur let stand 20 minutes) Rinse in cold water.

Let stand for 15 minutes to drain well.

When all your veggies are diced and chopped, add cold bulgur, mix (I use my hands) add the NAPOLEON White Balsamic Vinegar and NAPOLEON Olive oil to the mixture fold together gently

Allow to cool in refrigerator 4 hours over overnight for best flavor. Just for moisture in the morning, you can more NAPOLEON White Balsamic vinegar and NAPOLEON Olive if needed. Flavor should be light and fresh.