

## Four Herb Tabbouleh

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*This tabbouleh takes advantage of bulgur that does not require cooking. To honor the Lebanese tradition, the recipe includes more herbs than grain. Lovage leaves are called for, but tender light green celery leaves are a great substitute.*

### **Ingredients:**

1 ½ cup	Medium grind bulgur
1 cup	Water
6 T.	Fresh squeezed lemon juice
¼ tsp.	Salt
2	Garlic cloves, minced
¼ cup	Extra virgin olive oil
2 cups	Fresh flat-leaf parsley leaves
1 cup	Lovage leaves or tender light-green celery leaves
½ cup	Mint leaves
¼ cup	Chives, snipped
1	Jalapeno, halved, seeded, and thinly sliced, optional
1 pint	Grape tomatoes, quartered
1	Seedless cucumber, peeled and finely diced



### **Directions:**

1. Combine bulgur, water, ¼ cup lemon juice, and ¼ tsp. salt in a bowl. Cover and let sit at room temperature until grains are softened and liquid is fully absorbed, about 1- 1 ½ hours.
2. Whisk 2 Tbsp. lemon juice, garlic, and olive oil in a small bowl. Season with salt and pepper, and stir into bulgur.
3. Add parsley, lovage, mint, chives, jalapeno, tomatoes, and cucumber into the bulgur and mix well. Season with salt and pepper and serve.