

# Tabbouleh Salad



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**Serves:** 8    **Prep time:** 90 minutes

**Marinate:** At least 30 minutes

## Ingredients

- 2 cups low sodium vegetable or chicken stock
- 2 cups bulgur wheat
- ½ cup extra virgin light olive oil
- 2 tablespoons of minced garlic
- Juice and finely grated zest of 2 lemons
- 5-6 Roma or plum tomatoes
- 1 Hothouse cucumber
- 4 green onions
- 2 bunches of fresh parsley
- ½ cup fresh mint
- Romaine lettuce leaves to serve, optional



*Photo source: Flickr. BotMultichill, 2008*

## Directions

1. Wash hands with soap and warm water.
2. Wash tomatoes, onions, parsley, mint, and lemons. Pat dry to remove any excess moisture.
3. Place stock in a medium saucepan and bring to a boil. Turn off heat. Add the bulgur and let sit for 30 minutes to an hour.
4. Drain bulgur. Squeeze the bulgur wheat by hand to get rid of any excess water. Place the bulgur in a medium-sized bowl. Set aside.
5. Seed and dice tomatoes.
6. Dice cucumber, and green onions, including both the white and greens parts.
7. Remove stems of parsley and mint and finely chop.
8. In a small bowl, whisk together olive oil, lemon juice, and garlic minced garlic.
9. In a large bowl, drizzle the oil mixture over the bulgur and mix well.
10. Add in all the other ingredients and mix to combine and then cover.
11. Let marinate for at least 30 minutes before serving. Once marinated, taste tabbouleh, and add additional olive oil or lemon juice to taste.
12. Serve over a bed of romaine lettuce (optional).
13. Salad will keep chilled for several days.

*Recipe: Diane Reinhold, 2021*

## **Tips**

- Tabbouleh, which can also be spelled tabouli, is a fresh herb and bulgur salad.
  - Parsley is the number one ingredient.
  - It often contains diced cucumber and tomato and uses a simple olive oil and lemon juice dressing.
- If making in advance, combine the oil mixture with the bulgur wheat and store it separately. Then wash, dry, dice, and chop, produce items, and store in a separate container. However, do not combine all items until 30 minutes before serving. This process will help prevent the salad from becoming watery during refrigerated overnight.

## **Substitutions:**

- Instead of vegetable broth, you can use either chicken stock or water.
- Use quinoa instead of bulgur for a protein-packed version.
- If using a regular cucumber, remove the seeds to help prevent the salad from becoming too watery.
- Onions. Red onion can be used in this recipe. However, it will have a slightly more pungent taste. To deal with this, simply use less onion or soak the diced onion in water for a few minutes, rinse and pat dry to remove excess moisture. You can also substitute chives for green onions in this recipe.