

Tabbouleh

This is an unusual, lemony, cracked wheat salad, excellent for crowds and easy to prepare. The cracked wheat is soaked until tender and mixed with herbs and vegetables.

| | 6 | 12 | 20 | 50 |
|--|--------------|--------------|---------------|---------------|
| bulghar wheat (or cracked wheat) | 1 c | 2 c | 3½ c | 8 c |
| onions, finely chopped | ¾ c | 1½ c | 2¾ c | 6 c |
| scallions, finely chopped | ½ c | 1 c | 1¾ c | 4¼ c |
| salt | 1 tsp | 2 tsp | 3¾ tsp | 6 tsp |
| freshly ground black pepper | ¼ tsp | ½ tsp | ¾ tsp | 1¾ tsp |
| Italian parsley, finely chopped | 1½ c | 3 c | 5 c | 10 c |
| fresh mint leaves, finely chopped | ½ c | 1 c | 1¾ c | 4 c |
| or | | | | |
| dried mint | 3 tbs | 6 tbs | 10 tbs | 1 c |
| lemon juice | ½ c | 1 c | 1¾ c | 4 c |
| olive oil | ¾ c | 1½ c | 2¾ c | 6 c |
| Garnish | | | | |
| tomatoes, peeled and chopped | 2 | 4 | 6 | 12 |

Cover the wheat with cold water and let stand for 1 hour. Make sure you have put it in a very large pot, as it expands enormously. Drain, then squeeze out the extra water with your hands. Add all the remaining ingredients except the tomatoes and mix with your hands. Place in a large bowl and garnish with the tomatoes.

NOTE: This can be made the day before and refrigerated.