

Entrée or Side Dish

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# Tabouli

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By Jerry Ballanco

*A great recipe to use those late spring/early summer crops. Try this before parsley goes to seed, green onions start to bulb, and garlic is ready to harvest. Everything else is ready for harvest or arriving shortly*

**Yield** Makes about 6 side dish servings, or 2 – 3 entrees

**Ingredients**

1 ½ cups finely chopped parsley	10-12 mint leaves, finely chopped (optional but nice)
2 cloves garlic, finely chopped	¼ cup fresh lemon juice
1 ½ tsp salt	⅓ cup olive oil
Fresh cracked pepper as you like	1 ¼ cup chopped, peeled, and seeded cucumber
3 green onions, finely chopped	½ jalapeno pepper, finely chopped (use more or less, depending on your preferred heat level)
2 tomatoes, finely chopped (drain juice)	
⅔ cup cracked wheat	

**Directions** Boil water 2 cups of water and add cracked wheat. Turn off heat and let sit for 30-60 minutes or until the wheat is tender. Drain in fine mesh colander. Squeeze well to make it as dry as possible. Combine remaining ingredients and stir. Chill before serving.

Will stay in refrigerator for 2 or 3 days. Stir in liquid that may form or remove if the liquid seems excessive.

