

Chicken Tabbouleh Salad

- 1 cup bulgur wheat (see note)
- 2½ cups boiling water
- 2 cups diced cooked chicken
- 3 tablespoons lemon juice, or more to taste
- Salt, freshly ground pepper

- Cayenne pepper
- 6 tablespoons extra virgin olive oil
- 5 plum tomatoes
- 1 medium cucumber, peeled
- 3 scallions
- ¾ cup chopped parsley, preferably Italian parsley
- ¼ cup chopped fresh mint
- Lettuce leaves (optional)

Combine bulgur wheat and boiling water in medium saucepan. Cover, and cook over low heat 15 minutes or until tender. Turn out into large bowl, and let cool. Meanwhile, combine chicken, one tablespoon lemon juice, salt, pepper and cayenne to taste, along with three tablespoons of the olive oil in bowl. Cover, and refrigerate while preparing remaining ingredients.

Finely dice tomatoes and cucumber. Cut scallions into thin slices. Gently mix cucumbers with scallions, parsley, mint and bulgur. Add

chicken mixture, and gently fold in tomatoes, remaining three tablespoons oil and remaining two tablespoons lemon juice. Taste and adjust seasonings, adding more lemon juice, oil and cayenne if desired. (Salad can be kept, covered, one day in refrigerator.) Serve on lettuce-lined platter, either cold or at cool room temperature. Makes about eight appetizer or five to six main-course servings.

Note: Bulgur wheat can be found at Middle Eastern/Mediterranean shops, health-food stores and some supermarkets. If you can't find it, substitute couscous, which is what French chefs use when they prepare tabbouleh. Cook couscous according to package instructions, omitting any butter or oil specified.

Faye Levy is the author of the three-volume cookbook series "Fresh From France" and of "Sensational Pasta."