

## Tabouleh

SERVES 4

Tabouleh, the refreshing Lebanese salad of cracked wheat, mint, and lemon juice, is one of those dishes that are always in style. It's wonderful summertime picnic food, and it goes particularly well with grilled leg of lamb. The following day, slices of cold lamb, tabouleh, and lettuce can be tucked into pita pockets. This version contains both chopped tomatoes and cherry tomatoes. Diced cucumbers and chopped colored bell peppers can also be added.

- 1 cup medium cracked wheat or bulgur (from a Middle Eastern market)
- 1 cup cold water
- Juice of 1 lemon
- 3 tablespoons olive oil
- 1 large tomato, peeled, seeded, and coarsely chopped
- ½ pint cherry tomatoes, stems removed
- 3 tablespoons finely chopped red onion
- 3 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh mint
- Salt and freshly ground black pepper, to taste

Pile the cracked wheat and water into a bowl and set them aside for 15 minutes, until the wheat absorbs all the liquid.

Add the lemon juice, olive oil, and chopped tomatoes to the cracked wheat. Halve or quarter the cherry tomatoes, depending upon their size, and add them to the mixture with the red onion, parsley, and mint.

Add salt and pepper to taste, cover with plastic wrap, and refrigerate for 1 hour. Add an extra squeeze of lemon juice just before serving, if you like. •