

Spring Tabbouleh Cracked Wheat Salad

INGREDIENTS:

- 1 cup Bulgur cracked wheat tabbouleh
- ½ cup Orange juice, fresh squeezed (2 oranges)
- ¼ cup Lemon juice, fresh squeezed (3 to 4 lemons)
- ¼ cup Water
- ½ oz Chipotle Tabasco
- 1 tsp Ginger, fresh minced
- 1 tsp Kosher salt



PROCEDURE:

- Zest lemon and orange before juicing. Reserve 1 tsp of zest from each.
- In a sauce pan, combine liquids and bring to a boil.
- Add ginger and salt.
- Place bulgur cracked wheat in a large glass bowl.
- Pour hot liquid over wheat. Stir, cover and place in refrigerator for 30 minutes

Seasoning Mixture

INGREDIENTS:

2 oz Extra Virgin Olive Oil
1 tbs Chipotle Tabasco
½ cup Cucumber, seeded & diced ¼"
½ cup Tomato, diced ¼"
½ cup Feta cheese, diced ¼"
½ cup Mint, fresh chopped fine
½ cup Parsley, fresh chopped fine
1 tsp Orange Zest (reserved in step 1)
1 tsp Lemon Zest (reserved in step 1)
To taste Salt & pepper

PROCEDURE:

- Prepare all ingredients.
- Combine tabbouleh and seasoning mixture in a bowl.
- Fluff with a fork. Be sure to mix well.
- Refrigerate until ready to serve.
- Optional: For added flavor, add toasted pine nuts and raisins.