

## *Tabouleh*

*From Geoff Bragg, chef-instructor, Community Culinary School of Charlotte*

2 cup cooked bulgur (or other whole grain, such as wheat berries or quinoa)  
1/3 cup olive oil  
2 Tbs lemon juice  
2 Tbs red wine vinegar  
½ cup chopped red onions  
1 cup chopped fresh parsley  
1/4 cup chopped fresh mint  
3 tomatoes, chopped  
1 cucumber - peeled, seeded and chopped  
1 teaspoon salt  
ground black pepper to taste

Combine all ingredients and serve immediately, or refrigerate.

Cooking Wheat Berries:

Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse.