Tabouli

Ingredients:
1 cup bulgur (or cracked wheat)
½ cup boiling water
⅓ cup minced fresh parsley
¼ cup minced fresh mint
1 tablespoon minced fresh oregano
¼ cup finely chopped onion
1 cup tomatoes, diced
1 cucumber - peeled, seeded and diced
2 tablespoons olive oil
2 tablespoons fresh lemon juice
1 clove garlic, minced
½ teaspoon kosher salt
¼ teaspoon pepper

Directions:
Boil the water, then pour it over the bulgur in a bowl, cover the bowl with plastic wrap and allow it to steam until the bulgur becomes tender and the water is absorbed -- about 20-30 minutes. (Depending on whether you are using bulgur or cracked wheat, consult the package directions and consider cooking the wheat as directed on the package.)

In a small bowl, whisk together the olive oil, lemon juice, garlic and salt & pepper for the dressing.

Add the chopped veggies and herbs to the bowl with the bulgur and mix all the ingredients together. Slowly add the dressing until the salad is well-coated but not saturated. If possible, chill the tabouli in the fridge for about half an hour before serving to allow the flavors to come together.