

TABOOLEY
(Arabic Salad)

- 1 bunch green onions
- 3 bunches (large) parsley, leaves only
- 1 bunch fresh mint (or 3 tsps. dried mint)
- 3 or 4 large tomatoes
- 1/4 cup cracked wheat (borgul)
(soak wheat in water, squeeze dry)
- 1/2 cup olive oil or salad oil
- salt and pepper to taste
- cayenne (optional)
- lemon juice to taste

Chop all vegetables fine.

Add cracked wheat.

Add remaining ingredients, adding more seasoning if necessary.

NOTE: Most all Arabic meatless recipes call for onions. The amount may be increased or decreased to your taste.