

# Lindsay's Yummy Tabouli



"Give me this recipe or you will have to make it for me once a week!" Is the how to treat a friend? This is what I told my friend Lindsay a few days ago at work. You see, we have been implementing our "salad club" for a few months now. About 8 of us have an assigned day to make and bring a salad for all of us to enjoy at lunch. That way, we only have to make lunch for 1 day per week! I love my fellow "clubbers" because they are making food items that I can eat by placing meat and milk items on side or eliminating them altogether. We have been eating some very impressive vegan salads lately! Here is one of my favorites from one of my favorite people!

## Directions:

1. Pour 1 1/2 cups of boiling water over 1 cup bulgur. Cover and let sit for 30 minutes.
2. Break off a few leaves of Kale from their stems and rinse off. Break into small pieces. Add a small amount of salt, lemon juice and olive oil. Massage for a few minutes until it softens.
3. Combine together soaked bulgur, massaged kale, 1/4 cup lemon and lime juice, 1/4 cup olive oil, 1/2 tsp. chopped parsley, 1.2 tsp. dried mint or 1 tsp. chopped fresh mint, 1 tsp. salt, 1/2 cup fresh ground pepper, 1/2 tsp. garlic and 2 chopped ripe tomatoes. Toss altogether and enjoy!