

## **Bulgur Salad with Parsley Cucumber and Mint**

- 1 c medium bulgur
- 1/2 c fresh lemon juice
- 3/4 c water
- 1/4 c olive oil
- 2 cloves garlic, minced
- 1 t kosher salt
- 4 scallions, thinly sliced
- 1 c Italian parsley, chopped
- 1/2 c fresh dill, chopped
- 1/3 c fresh mint, chopped
- 1 English cucumber, seeded and diced
- kosher salt and fresh ground pepper to taste
- 1/3 c pine nuts, toasted

Place bulgur in a large bowl. In a small bowl combine lemon juice, water, olive oil, garlic and salt. Drizzle lemon juice mixture over bulgur. Layer scallions, herbs and cucumbers over the bulgur mixture. The top layer should be cucumbers. Sprinkle lightly with salt and pepper. Cover with plastic wrap and refrigerate for 24 to 48 hours. Before serving, bring salad to room temperature. Add pine nuts, and toss the salad. Adjust for seasoning. Serves 8-10.