

Tabbouli with Lentils

Tabbouli bi Adas (ta-boo-lee bi aud-dus)

Serves 4

This delicious and nutritious variation of Tabbouli salad will quickly become a favorite of yours. What I love about this flavorful salad is that it's hearty enough to also use as a side dish, a great substitute for rice, and it is vegetarian and vegan. By easily substituting Quinoa for the bulgar wheat, it becomes gluten free too!

Specialty ingredients: Bulgar wheat, found at specialty markets or online at Shopkamal.com

Prepare ahead: You can prepare this dish up to 1 day in advance. Keep the bulgar and lentil mixture separate from the scallion and mint mixture. Combine with the dressing just before serving.

For the salad

1/2-cup # 1 bulgar wheat

1/2 cup brown lentils

1/2-tsp salt

1 cup coarsely chopped green onions

1 cup coarsely chopped mint

(You can substitute 1/2 cup Quinoa for the bulgar wheat to make the dish gluten free. Rinse it well before cooking, otherwise it may be bitter. Basic recipe, 1/2 cup quinoa to 1 cup water.

Bring to boil, cover, simmer for about 15 minutes or once all water is absorbed. You will know their done when they go from white to transparent and the seed has separated and looks spirally! Set aside 45 minutes to cool prior to using.)

For the dressing

1/4 freshly squeezed lemon juice

1/4 cup extra virgin olive oil

3/4 teaspoon salt

1/4 teaspoon black pepper

To prepare the salad

Combine the bulgar with 1/2 cup hot water in a small bowl. Mix well, cover with plastic wrap and set aside for at least 1 hour, (allowing the bulgar to expand).

Place the lentils, 1/2 teaspoon salt and 3 cups water in a large saucepan over high heat uncovered. Once it comes to a boil, reduce the heat to medium and continue to cook uncovered for 10 minutes, allowing them to soften but not fully cook. You want them to be al dente. Stir periodically.

After 10 minutes or once the lentils are al dente, remove from the heat, and drain the liquid. Place the lentils on a dish allowing them to cool slightly before mixing with the other ingredients. Prepare the green onions, mint and salad dressing, set aside.

After an hour fluff the bulgar with a fork separating all the grains. Add it to the lentils followed by the green onion and mint. Mix well. Add the dressing and distribute it evenly. Serve with hearts of romaine lettuce and/or fresh grape leaves.

To serve

Offer at room temperature, or chilled from the refrigerator. When adding qawarma, (beef confit), slightly warm the tabbouli adas prior to adding 1/2 cup of the qawarma cubes drained of fat.

Variation

You can add diced carrots, pearl onions, garbanzo beans, diced tomatoes, peas, corn, lima beans or any of your favorite vegetables. Just remember to adjust the dressing.