



Jeweled Tabbouleh - Monthly recipe by Bhaeravii Devii

Jeweled Tabbouleh is a joyful cracked wheat salad studded with colorful, gem-like fruits and nuts...if your body is a temple, this is definitely something you'll want to invite inside.

Tabbouleh is a traditional Lebanese dish made with bulgur wheat that's been soaked and softened. It marinates in a simple dressing of really good fruity olive oil and fresh squeezed lemon juice. It's mixed with TONS of fresh parsley and mint which gives it a unique refreshing flavor.

The 'jewels' in **Jeweled Tabbouleh** are chopped dried fruits and nuts that give the salad a beautiful look along with lots of contrast of flavor and texture. I've used classic Middle Eastern touches like almonds, pistachios, apricots and pomegranate seeds. The inspiration goes back to a opulent Persian dish called [Jeweled Rice](#) that was served at special occasions like weddings.

Typically tabbouleh is made with bulgur alone, but in this salad I combined it with wheat berries for a blend of textures.

What You Will Need

- 2 cups soaked cracked wheat (measure AFTER soaking)
- 2 cups cooked wheat berries (measure AFTER cooking)
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh squeezed lemon juice
- salt and freshly cracked black pepper
- 2 large bunches WELL WASHED fresh parsley, stems removed, finely minced (I pulsed it in a food processor)
- 1 small bunch of fresh mint leaves, finely chopped
- 1/2 English cucumber, finely diced (the kind that comes wrapped in plastic, don't peel)

'jewels'

- 1/2 cup raw pistachios, rough chopped
- 1/2 cup dried apricots, finely diced

- 1/4 cup blanched almonds, rough chopped
- 1/4 cup golden raisins
- 1/2 cup pomegranate seeds (arils)

*In*You will need 2 cups soaked cracked wheat and 2 cups cooked wheat berries. Follow the directions on the packages. Once soaked and cooked, measure out 2 cups each and put in a large bowl.

1. Mix the dressing by whisking the olive oil and lemon juice together. Pour it over the wheat and toss to combine well. Season with 1/2 tsp salt and lots of fresh cracked black pepper. Toss again.
2. Add the minced parsley, mint, cucumber, toss well. Cover and refrigerate for at least an hour.
3. Toss the salad again, and taste to adjust any of the seasonings. When you are ready to serve, top with the 'jewels'.