

GUASTELLO'S VILLAGE MARKET

Jeweled Tabbouleh Salad

Serves 4 with leftovers for lunch

Ingredients

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)
1/2 medium red onion, finely diced

'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)

Instructions:

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.

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.

Add the minced parsley, mint, cucumber, and red onion, toss well. Cover and refrigerate for at least an hour.

Toss the salad again, and taste to adjust any of the seasonings. When you are ready to serve, top with the 'jewels'. Garnish with a few mint or parsley leaves.

Cook's Notes

You can certainly make Jeweled Tabbouleh with just the cracked wheat, which would be traditional. I used the wheat berries because I like the 'chew' factor that they add. Wheat berries and bulgur are available in most large grocery stores, and all health food and gourmet markets. Sometimes you'll find them in the bulk bins.

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You can substitute other 'jewels' if you like...dried cranberries, walnuts, cashews, dates, or dried figs would all be good. Again, the bulk bins are good because you can take exactly the amount you need without having to buy a big package of each ingredient.

Credit: theviewfromgreatisland.com