

Bulgar, Mint & Parsley Salad



Ingredients

- 1 cup uncooked cracked wheat (bulgur)
- 1 cup boiling water
- ¼ cup fresh lemon juice
- Zest from 1 lemon
- 2 tablespoons extra-virgin olive oil
- 3 cups chopped tomato (about 2 large)
- 1 cup chopped fresh parsley
- 1/2 cup chopped green onions (about 3)
- 1/2 cup finely diced white onion
 - 1/2 cup finely diced red onion
 - 1/4 cup chopped fresh mint or 1 tbs of dried mint
 - 3/4 teaspoon salt
 - 1/2 teaspoon freshly ground black pepper
- 1/2 - 1 teaspoon of pomegranate juice
- 1/2 teaspoon dried sumac
- 1/2 teaspoon ground cumin (optional)



Directions

Combine cracked wheat (bulgur) and 1 cup boiling water in a medium bowl. Cover and let stand 30 minutes or until tender. Drain any remaining water. In a small bowl whisk juice & oil. And mix with the cracked wheat. Cool to room temperature.

Combine cracked wheat (bulgur) mixture, tomato, 3 variety of onions and parsley. and add all the spices in a large bowl; toss gently to coat. Refrigerate for 1 hour and server with lettuce leaves.

ENJOY!!!!

Adele's Garlic Mushrooms

Ingredients

- Mushrooms (variety)
- Garlic
- Fresh lemons
- Cilantro
- Salt



PREP

1. Wash and chop Cilantro
2. Wipe down all the Mushrooms and slice evenly.
3. Smash garlic with salt
4. Juice lemons

INSTRUCTIONS

1. Sautee garlic with butter
2. Add mushrooms to the frying pan of the garlic Sautee until mushrooms are cooked & tender.
3. Once mushrooms are cooked, add the cilantro and lemon juice and simmer for a short time (add salt to taste)
4. Can serve warm or cold with crackers or plain.