



Photo by Marco Verch

## Ingredients

- 2 cups (500 mL) bulgur wheat, cooked
- 4 medium tomatoes, chopped
- 2-3 green onions, chopped fine
- ½ bunch parsley with stalks, chopped
- ¼ cup (60 mL) extra virgin olive oil
- Juice of 1 large or 2 small lemons

## Instructions

In a bowl, add cooled wheat and all ingredients. Allow to chill in fridge (ideally overnight), and serve cold.

Makes 4 servings.