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## COMMENT

# Making tweaks to Tabbouleh Salad

By Lori Gysel & Gerry Kentner  
[whatscooking@theifp.ca](mailto:whatscooking@theifp.ca)

It's Dad's birthday weekend— so if you pass Councillor David Kentner in the next few days, wish him a happy one!

Today's recipe, just like last week's, comes from my good friend, Angela Dadd. Angela and I have very similar taste in food (I just like a little more quantity than her!), so I've always been a big fan of her creations. I strongly suggest you give today's recipe a try.

Unlike a traditional Tabbouleh Salad, which is made from bulgur wheat, this one is made with couscous, which is pasta. It looks and feels like a grain, but it is not. To make it a bit healthier, make with whole wheat couscous, as I did for the photo.



**What's  
Cookin'**

Traditional tabbouleh is also loaded with parsley and can be quite strong tasting— I much prefer Angela's version— the Greek style is a great twist— and it tastes so fresh with all the lemon. It's a great dish for spring.

Try serving this as a side dish with grilled lamb or chicken and perhaps some roasted asparagus, then take the leftovers for lunch the next day!

Have fun and keep cooking!

Email questions and comments to  
[whatscooking@theifp.ca](mailto:whatscooking@theifp.ca)

## Tabbouleh Greek Style Salad

### INGREDIENTS

- 3 cups couscous
- 3 cups vegetable or chicken stock
- 1/2 cup chopped red onion
- 1 cup chopped cucumber
- 1 and 1/2 cup chopped tomato
- 4 green onions, chopped
- 1/2 cup pitted black olives or colossal green, chopped
- 4 oz feta cheese

### DRESSING

- 1/2 cup chopped parsley
- 1/2 cup fresh mint, chopped
- 1/2 cup lemon juice
- 1/2 cup oil
- 1 tsp chopped garlic
- 2 tbsp dried basil
- 2 tbsp dried oregano
- salt and pepper to taste



### METHOD

Boil stock. While at a boil, stir in couscous, remove from heat and let stand for five minutes. Fluff with a fork and cool.

Add in onions, cucumber, diced tomato, green onions, olives and feta cheese. Mix well.

For dressing, in a small bowl combine parsley, mint, lemon juice, oil, garlic, basil and oregano. Mix well. Salt and pepper to taste. Refrigerate until chilled.

You may need to add a little more dried herbs and lemon juice to taste.

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