



Tabbouleh Riders

Tabbouleh

Bulgur – 1 c (~6 oz)

Lemon juice – $\frac{3}{4}$ c

Olive oil – $\frac{1}{4}$ c

Parsley – 2 bunches

Instructions

1. Combine bulgur, lemon juice and olive oil. Allow to sit in refrigerator for approximately 2 hours until bulgur is softened, and liquid absorbed.
2. Rinse parsley well, remove large stems and chop fine. If using a food processor, place entire rinsed bunch in bowl and pulse until finely chopped.
3. Add parsley to bulgur and stir to combine. Keep refrigerated and use for up to 7 days.

Rider

Pita bread, whole wheat

Mayonnaise, regular

Cheese, Provolone, sliced, smoked or unsmoked



Rider Assembly

1. Heat sauté pan on medium heat.
2. Cut whole wheat pita bread in half (scissors or serrated knife) and gently open into pockets.
3. Spread regular mayonnaise on each side of pita pocket.
4. Place provolone cheese on each side of pita pocket (1 to 2 slices).
5. Fill pocket and pack with prepared tabbouleh. Squeeze together prior to heating.
6. Place pita halves in heated sauté pan. Cook until heated through and cheese is melted.
7. To prevent choking while eating, try not to roll head back with joy!