



**Heritage Storytime: Episode 5**  
**“Cooking Culturally - Let’s Cook for Ramadan”**

**Tabbouleh Recipe**

3 bunches of parsley  
1/3 cup bulgur  
1/4 cup fresh mint  
2 large tomatoes  
1/2-1 cucumber  
4 green onions  
Romaine lettuce  
Salt  
Pepper  
1/3 cup lemon juice  
1/4 cup olive oil

Wash parsley and shake out to dry.

Soak bulgur in two cups of water for two minutes. Drain and set aside.

Remove parsley stems and finely chop parsley leaves and fresh mint.

Chop tomatoes, cucumber, and green onions.

Combine chopped parsley, mint, tomatoes, cucumber, and green onions into the bowl of bulgur. Add lemon juice, olive oil, salt and pepper to taste. Toss well and serve immediately with a side of romaine leaves for scooping up the tabbouleh.

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You can make this recipe at home while watching “[Heritage Storytime](#) Episode 5: Cooking Culturally - Let’s Cook for Ramadan.” In this episode, Basma Jaber from [Al-Bustan Seeds of Culture](#) presents [Morning Circle Media](#)'s book, *Let’s Cook for Ramadan!* in both Arabic and English.