



The Birkett Mills Recipes

The Birkett Mills © 2014

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Appetizers: Tabbouli

A traditional Middle Eastern dish made with Kasha.

Serves: 2-4 people

Ingredients

1 cup cooked kasha (whole, coarse, or medium)
1/3 cup chopped green onions
About 15 fresh mint leaves, chopped
1/4 cup chopped parsley
1 large tomato, seeded and chopped
Salt to taste
1 tbsp. lemon juice
Favorite vinaigrette (with red wine vinegar)
Romaine leaves

Directions

Prepare kasha according to package directions, using chicken broth.

Combine all ingredients, using sufficient vinaigrette to moisten kasha (about 3-4 tablespoons).

Chill at least 2 hours before serving.

Place tabbouli in center of plate and encircle it with romaine. Use leaves as “scoops” to eat this tangy appetizer.

Tabbouli

