

Sarah's Healing Touch

Roasted Tabbouleh

I found this delicious recipe from Martha Stewart. Thank you Martha! 😊



Ingredients

- 3 Pints cherry or grape tomatoes (If possible I like to use baby heirloom tomatoes)
- 1/4 C. Extra-virgin olive oil, divided
- Real salt or Celtic sea salt and pepper
- 1 C. Bulgur
- 1 Red onion, cut crosswise into thin slices
- 1 Can (15.5 ounces) chickpeas, rinsed and drained
- 2 Bunches parsley, roughly chopped (1 1/2 to 2 cups)
- Juice from 1 good sized lemon plus wedges for serving

DIRECTIONS

- Preheat oven to 450 degrees with racks in middle and lower thirds. On a rimmed baking sheet, toss tomatoes with 5 teaspoons olive oil, season with salt and pepper, and roast on bottom rack of oven until soft and skins have blistered and burst, about 30 minutes.
- On a separate, small baking sheet, spread bulgur in an even layer and

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toast on top rack of oven until fragrant and deep golden, stirring halfway through, 15 minutes. Transfer bulgur to a bowl.

- Add onion to the tomatoes, stir to combine, and season with salt and pepper. Roast until onion is soft and golden, flipping halfway through, about 15 minutes.
- Meanwhile, cook bulgur according to package instructions. Transfer to the large bowl, season with salt and pepper, stir in chickpeas; let cool if still warm. Stir in parsley, tomatoes, onions, 1-tablespoon olive oil, and lemon juice to taste and transfer to serving platter. Serve warm or at room temperature with lemon wedges.

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