
Roasted Vegetables with Tabbouleh and Feta Cheese

Description

This colorful and healthy tabbouleh salad tastes wonderful, even if you are not a vegetarian you will still like this dish.

Total time: 55 min Yield: 6 Servings

Ingredients

- 1 cup bulgur
- 1 cup water (boiling)
- 2 zucchini (medium)
- 2 eggplant (medium)
- 1 red onion
- kosher salt
- fresh black pepper
- 2 clove garlic (minced)
- 1 lb cherry tomatoes (halved)
- 1 cup Italian parsley (chopped)
- 1/2 cup basil (chopped)
- 1/4 cup oregano (chopped)
- 1 cup olive oil
- 1/2 cup mint (torn)
- 1 Japanese cucumber (chopped)
- 1/2 cup kalamata olives (sliced)
- 1/4 cup red wine vinegar
- 2 lemons (juice and zest only)
- 1 cup feta cheese

Prep Time: 55 min Total Time: 55 min

Instructions

Place the bulgur in a mixing bowl with hot water. Cover and set aside while the bulgur softens. Cut the zucchini, eggplant, and red onion to ½ inch thick slices. Place on a baking pan, dress with oil, salt, and pepper. Then roast in the oven at 300° F to 400° F for about 10 minutes. Remove from the oven and let cool. Cut into medium dices and set aside. Add the garlic cloves, tomatoes, parsley, basil, oregano, mint, Japanese cucumber, oil, olives, vinegar, salt pepper, lemon juice and zest to the bulgur and toss. Lastly, top everything with the feta cheese and then mix gently from the bottom to the top.

Recipe brought to you by:

Chef Maka Kwon

Source:

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