

## Steel Cut Oats

4 cups boiling water  
1 Tbs butter  
1 cup steel cut oats  
Pinch of salt  
1/4 cup evaporated milk or half and half

Melt butter in a skillet and then add oats; toss and cook about two minutes. Add toasted oats to pan of boiling water. Cook uncovered for 25 minutes, stirring a couple of time. Add 1/4 cup evaporated milk OR half & half. Continue to cook another 2 minutes. Serve with your favorite topping.

## TABOULI SALAD

1. Place one cup of Tabouli salad mix in a bowl.
2. Add 1 1/4 cups of boiling water and 2 Tbsp. olive oil to the mix.
3. Let stand in the refrigerator for one hour.
4. Fluff with a fork.
5. Add 2 large, diced tomatoes and 2 Tbsp of fresh lemon juice.

Any of the following ingredients may be added to enhance the salad: chopped fresh parsley, sliced green onions, diced cucumber, and/or fresh mint.

**TABOULI SALAD** Ingredients: Organic bulgur wheat, Dried onion, Sea salt, Spices, Dried garlic, Peppermint, Citric acid, Organic expeller pressed canola oil, Organic rosemary extract, Natural lemon flavor. Contains wheat.