A Freudenthal triple system (FTS) is a vector space endowed with a quartic form and a bilinear form such that a triple product defined from these forms satisfies a specific identity. The original example is the 56-dimensional representation of $E_7$; here, the group stabilizing both forms is precisely $E_7$. M. Rost observed that an 8-dimensional vector space with quartic form occurring in a paper of M. Bhargava was, with a suitable bilinear form, a FTS; he asked what the stabilizer of the forms was in this case. We answer his question by showing that both his example and the 56-dimensional representation of $E_7$ are instances of a general construction that reveals a FTS within any Lie algebra of type $D$ or $E$, with natural definitions for the quartic and bilinear forms. (Received July 21, 2008)