

Hearty Bulgur Salad

Ingredients

Salad

- 1 cup bulgur wheat
- 1 small fresh lemon or lime, juiced
- 1 fresh tomato, seeded and diced
- 1 cucumber, seeded and diced
- 1 bunch flat leaf parsley, chopped
- 2 tsp fresh mint, chopped
- ½ cup walnuts, chopped
- ¼ cup feta cheese, crumbled
- ½ cup raisins

Dressing

- 1 tbsp red wine vinegar
- 3 tbsp olive oil
- 2 tsp honey
- 1 tsp Dijon mustard
- 2 tsp balsamic vinegar
- Garlic powder, salt, and pepper to taste

Directions

1. In a large bowl, pour 1 cup boiling water over the bulgur - cover and let it stand for 1 hour.
2. Add lemon or lime juice to bulgur.
3. Prepare dressing mixture.
4. Combine all ingredients with dressing.
5. Chill for at least 1 hour before serving..

Note

Total fat may be slightly higher than the sum of individual fat totals due to rounding or lack of available information (some food items in the software do not have an indicated breakdown of mono- and polyunsaturated fats).

Presentation ideas

Garnish with fresh mint leaf.

Menu suggestions

Serve as main dish salad on lettuce or use as stuffing in whole wheat pita bread (remember to account for the carbs from pita bread).

Courtesy of:

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Nutrition Facts Servings Per Recipe: 1

Amount Per Serving Calories 221

Total Fat 8.6g

Saturated Fat 1.5g
Monounsaturated Fat 3.9g
Polyunsaturated Fat 2.4g
Sodium 131.2mg

Total Carbohydrate 32.9g

(after subtracting fiber =26.4g)

Dietary Fiber 6.5g

Protein 7.6g

Exchanges per Serving

1 ½ Starch
1 Vegetable
1 Lean Protein
1 Fat

1 ½ Carbohydrate Choice