



Mediterranean Bulgur Salad

Prep /Cook time: 25 min.

Serves: 6

Bulgur is a whole grain commonly used in Middle Eastern cuisine. Not only is this grain packed with 30% of the recommended amount of daily dietary fiber but it also provides nutrients such as iron, magnesium, and manganese. Combining bulgur with vegetables like peppers, tomatoes, and spinach that contain Vitamin C, can increase the absorption of iron.

Ingredients:

- 1 cup bulgur
- 2 cups water
- ½ tsp cumin
- ½ tsp salt
- 1 can (15 oz.) chickpeas, drained & rinsed
- 1 cup raw spinach leaves
- 2 cups chopped vegetables: bell peppers, red onion, cherry tomatoes, zucchini, or mushrooms
- ½ cup feta cheese
- ¼ cup hummus
- 2 Tbsp. lemon juice

Equipment

- Medium pot with lid Chef's knife
- Measuring cups and spoons
- Wooden spoons
- Can opener
- Cutting board

Directions:

1. In a medium stockpot, combine bulgur, water, cumin, and salt. Bring to a boil.
2. Reduce heat to a simmer and cover with a lid for 10-12 minutes.
3. Stir in the garbanzo beans and heat on low for about 3-5 minutes.
4. Remove from heat and stir in spinach until wilted. Add remaining vegetables and stir in feta, hummus, and lemon juice.
5. Serve immediately or refrigerate for up to 4 days.

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Lisa Andrews, MEd, RD, LD

Cook's Notes:

This bulgur salad can be divided into four containers and made ahead for a busy week! This recipe can be eaten cold or hot as an easy and nutritious lunch option.