



Veggie Bulgur Salad

Active time 12 minutes

Total time 27 minutes

Makes 4 side-dish servings

- 1 lg. lemon
- 1 c. bulgur
- 1 c. water
- Salt and pepper
- 1 c. grape tomatoes,
each cut in half
- 1 c. chopped seedless cucumber
- $\frac{3}{4}$ c. packed fresh
parsley, chopped
- $\frac{3}{4}$ c. packed fresh mint, chopped
- 2 tsp. olive oil

1. From lemon, grate 1 teaspoon peel and squeeze 3 tablespoons juice. In microwave-safe 2-quart bowl, combine lemon peel, bulgur, water, and $\frac{1}{2}$ teaspoon salt. Cover with vented plastic wrap and cook in microwave on High 3 minutes. Remove from microwave and let stand until all liquid is absorbed and bulgur is tender, 5 to 10 minutes.

2. In large bowl, toss bulgur mixture with lemon juice, tomatoes, cucumber, parsley, mint, olive oil, and $\frac{1}{4}$ teaspoon ground black pepper. Serve at room temperature, or cover and refrigerate up to 2 days. Makes about $4\frac{1}{2}$ cups.

EACH SERVING About 170 calories, 6 g protein, 33 g carbohydrate, 3 g total fat (1 g saturated), 9 g fiber, 0 mg cholesterol, 315 mg sodium. 🍴