

Bulgur Chickpea Salad

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

- 1¼ cups water
- 1 cup coarse bulgur
- 1 teaspoon dried parsley
- 1 teaspoon minced onion
- 1 teaspoon soy sauce
- ½ cup chopped green onions
- ½ cup raisins
- ½ cup chopped carrots
- ¾ cup canned chickpeas (garbanzo beans), drained and rinsed

Dressing:

- 2 tablespoons oil
- 2 tablespoons lemon juice
- 1 tablespoon soy sauce
- 1 garlic clove, minced
- Black pepper to taste

Preparation:

1. In a medium saucepan, bring water to boil. Stir in bulgur, parsley, minced onion, and soy sauce. Reduce heat to low and cover. Simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well.
4. Put bulgur mixture in a large bowl. Pour dressing over bulgur mixture and mix well.
5. Stir in green onions, raisins, carrots, and chickpeas. Cover and chill for several hours.

Source: SNAP-Ed Connection

Food Group Amounts:

Color	Food Group	Amount
Orange	Grains	1½ oz
Green	Vegetables	¼ c
Red	Fruits	¼ c
Blue	Dairy	--
Purple	Protein	½ oz

Nutrient Totals

Per Serving:

Calories	200
Total Fat	5 g
Saturated Fat	0.5 g
Sodium	330 mg
Protein	5 g