RECIPE

Bulgur Chickpea Salad

This salad is a great way to add some healthy grains, fruits, vegetables, and garbanzo beans to your meal.

Makes: 6 servings Prep Time: 20 minutes Cook Time: 20 minutes

Source: www.choosemyplate.gov recipes/ bulgur chickpea salad

Ingredients

Salad

- 11/4 cup water
- 1 cup bulgur
- 1 teaspoon dried parsley
- 1 teaspoon minced onion
- 1 teaspoon soy sauce
- 1/2 cup scallions (chopped, green onions)
- 1/2 cup raisins
- 1/2 cup carrot (chopped)
- 3/4 cups canned chickpeas (garbanzo beans, drained and rinsed)

Mixing spoon

Large bowl

Small bowl

• Fork

Dressing

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

Utensils Needed

- Cutting board
- Sharp knife
 - Measuring cups
 - Measuring spoons
- Medium saucepan



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	220
Total Fat:	<u>6 g</u>
Saturated Fat:	<u>1 g</u>
Cholesterol:	<u>0 mg</u>
Sodium:	<u>178 mg</u>
Total Carbohydrates:	<u>41 g</u>
Dietary Fiber:	<u>7 g</u>
Total Sugars:	<u>11 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>6 g</u>

Directions

- 1. Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; 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. Pour over bulgur mixture and mix well.
- 4. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.



SHOPPING LIST

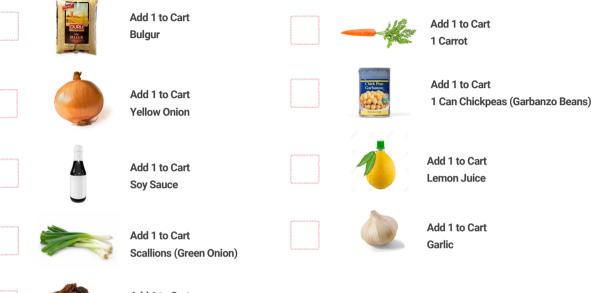
Average total cost without oil and seasonings: \$13.80

Average cost/serving: \$2.30

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart Raisins

SAVE TIME, SAVE MONEY

Preparation Tips

• If bulgur is not available, try using brown rice, whole wheat couscous, quinoa, farro or riced cauliflower.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Mushroom Bulgur Pilaf
 - 5 A Day Bulgur Wheat
 - Tabbouleh

