

# 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](http://www.choosemyplate.gov/recipes/bulgur-chickpea-salad)

## Ingredients

### Salad

- 1 1/4 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)

### 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
- Mixing spoon
- Large bowl
- Small bowl
- Fork



Small Changes,  
 BIG Difference!



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

## 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  
Bulgur



Add 1 to Cart  
1 Carrot



Add 1 to Cart  
Yellow Onion



Add 1 to Cart  
1 Can Chickpeas (Garbanzo Beans)



Add 1 to Cart  
Soy Sauce



Add 1 to Cart  
Lemon Juice



Add 1 to Cart  
Scallions (Green Onion)



Add 1 to Cart  
Garlic



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](http://snapedny.org), such as:
  - Mushroom Bulgur Pilaf
  - 5 A Day Bulgur Wheat
  - Tabbouleh