

Bulgur Chickpea Salad

Makes: 6 servings

Ingredients

Salad

- 1 1/4 cups water
- 1 cup bulgur (coarse, available in bulk from natural foods stores)
- 1 teaspoon dried parsley
- 1 cup chopped onion
- 1 teaspoon low-sodium soy sauce
- 1/2 cup raisins
- 1/2 cup carrot (chopped)
- 3/4 cup canned chickpeas (garbanzo beans, drained and rinsed)

Dressing

- 1 Tablespoon low-sodium soy sauce
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 garlic clove (minced)
- Black pepper (to taste)

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.

Total cost: \$1.98

Serving cost: \$0.33

Source: University of Vermont, Extension, Making It Fit: Piecing Together Your Food Needs - 1/2019



Nutrition Facts	
6 servings per container	
Serving size	(113g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 237mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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