

PARSLEY TABBOULEH

Serves 4
Vegan

Ingredients

1 cup water
½ cup bulgur
¼ cup lemon juice, fresh squeezed is preferred
2 tablespoons extra-virgin olive oil
½ teaspoon minced garlic
¼ teaspoon salt
Freshly ground pepper, to taste
2 cups finely chopped flat-leaf parsley, (about 2 bunches)
¼ cup chopped fresh mint
3 tomatoes, medium, diced
4 scallions, thinly sliced
1 small cucumber, peeled, diced

Directions

Combine water and bulgur in a small saucepan. Bring to a full boil, remove from heat, cover and let stand until the water is absorbed and the bulgur is tender, 25 minutes or according to package directions. If any water remains, drain bulgur in a fine-mesh sieve. Transfer to a large bowl and let cool for 15 minutes.

Combine lemon juice, oil, garlic, salt and pepper in a small bowl. Add parsley, mint, tomatoes, cucumber and scallions to the bulgur. Add the dressing and toss. Serve at room temperature or chill for at least 1 hour to serve cold.

Cover and refrigerate for up to 1 day.



BULGUR PILAF WITH DRIED FRUIT AND NUTS Serves 6
Vegan or Lacto-ovo

Ingredients

2 ounces dried apricots (about 1/3 cup)
2 ounces prunes (about 1/3 cup), pitted
2 ½ cups water
1 cup coarse bulgur (#3)
1 tablespoons unsalted butter or margarine(vegan)
¼ teaspoon salt, or to taste
¼ cup dark or golden raisins (or use half raisins, half-dried cranberries)
¼ cup blanched almonds, lightly toasted
2 tablespoons, walnuts
Plain Greek-style yogurt, fat free (optional topping)

Directions

1. Place the apricots and prunes in a bowl, cover with water and soak overnight or for several hours. Place a strainer over a bowl, and drain the dried fruit. Cut in thin slices.
2. Measure out 2 cups of the soaking water (or add enough water to make 2 cups), place on a pot and bring to a simmer. In a separate, large sauce pan. Please in butter or margarine and add the bulgur, stirring constantly for a few minutes until the bulgur smells toasty. Add the salt, dried fruit and simmered water, and bring to a boil. Boil for five minutes, then reduce the heat and simmer gently for eight to ten minutes until the water has been absorbed. Remove from the heat, cover with a clean glass dish with a cover. Allow the bulgur to sit for 15 minutes.
3. Spoon the bulgur into a serving dish, top with the nuts and serve. Optional: top with plain yogurt.



½ cup bulgur is a whole grain that provides 4 grams of fiber and 3 grams of protein!