

Bulgur Chickpea Salad

Ingredients:

- 1 onion
- 1 1/4 cups water
- 1 cup bulgur
- 1 teaspoon dried parsley
- 1 teaspoon soy sauce
- 3/4 cup chickpeas, canned
- 1 carrot
- 1/2 cup raisins
- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon soy sauce
- 1/4 teaspoon garlic powder

Equipment:

- Saucepan with lid
- Colander
- Can opener
- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Large bowl
- Small bowl

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side down. Slice across the onion, keeping onion together. Turn and slice again to make dice. Chop up into small pieces, and place in large bowl,
2. In a medium saucepan, bring water to a boil. Stir in bulgur, parsley, onion, and soy sauce. Put lid on pan and bring back to a boil. Reduce heat to low and simmer for 15 to 20 minutes until all water is absorbed and bulgur is not too crunchy. When done, remove from heat and allow to cool, fluff with a fork. Add to bowl.
3. Meanwhile, open chickpeas and pour into a colander. Rinse under running water to remove as much sodium as possible. Allow to drain, and add to bowl.
4. Cut off both ends of the carrot and slice into thin slices. Add to bowl.
5. Measure and add raisins to bowl.
6. In a small bowl, measure and add oil, lemon juice, soy sauce, and garlic powder to make a dressing. Mix well.
7. Pour dressing over bulgur/chickpea mixture and stir well. Cover and chill for several hours.

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 188	Calories from Fat 27
%Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 38g	13%
Dietary Fiber 7g	28%
Protein 5g	10%
Vitamin A 68%	Vitamin C 10%
Iron 8%	Calcium 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.