Bulgur Wheat Salad with Fennel
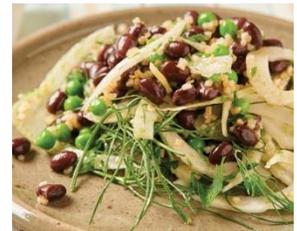
By Mary Reilly

Servings: 4

Ingredients
¼ c. medium-grind bulgur wheat* ½ c. shelled peas, fresh or frozen 1 15.5 oz. can reduced-sodium black beans, drained and rinsed 2 med. Fennel heads, halved, then cut into thin half-moons ¼ c. fennel fronds, finely chopped 3 T. fresh lemon juice 2 T. olive oil ½ bunch of flat-leaf parsley, leaves chopped ¼ t. salt

Nutrient value per serving
Serving Size = 1 ½ c. salad

Exchanges	2 starch
	1 ½ protein
	½ vegetable
	1½ fat
Calories	281
Calories from Fat	61
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	213 mg
Carbohydrate	45 g
Fiber	14 g
Sugar	9 g
Protein	11 g

Instructions

1. Cover the bulgur with ½ c. boiling water. Set aside for 20 min., off the heat, to hydrate and become tender.
2. Place the peas in a skillet and add ½ c. water. Bring to a simmer and cook until peas are bright green, about 3-5 min.
3. Put the beans and fennel moons in a bowl, and toss with lemon juice.
4. When the bulgur is tender, all the water should be absorbed. Pour or squeeze off any that remains. Add bulgur to the bowl and combine with the rest of the ingredients, tossing well to distribute the oil and lemon juice.

Notes

Prep and cook time: 30 min.

Note: This traditional Mediterranean salad-tabbouleh or bulgur wheat salad—can make for a filling dinner, but it's also a great lunchbox option. The flavor improves with a little time, so feel free to make it ahead.

*Bulgur is wheat that has been dried, cracked and steamed, so it cooks very quickly. It comes in three different sizes—small, medium and coarse grind. Bulgur can be found in most supermarkets near the rice.

VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items.

All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.