

Cooking for Wellness



Tart and Tangy Bulgur Salad

Ingredients

1 cup uncooked bulgur

1 cup boiling water

2 tablespoons olive oil

2 tablespoons lime juice

½ teaspoon salt

8 large basil leaves, finely chopped

1 garlic clove, minced

½ cup chopped red onion

12 large olives, sliced (about 3/4 cup)

1 large tomato, chopped

Lime wedges (optional)



Instructions

- 1. Combine bulgur and boiling water in a large bowl. Cover and let stand for 45 minutes.
- 2. Combine oil, lime juice, salt, basil, and garlic in a small bowl, stirring with a whisk until combined. Add oil mixture, onion, olives, and tomato to bulgur; toss well. Garnish with lime wedges, if desired.