

Asian Inspired Tabouli Salad

From the National Heart, Lung, and Blood Institute

<http://wholegrainscouncil.org/recipes/salads-sides/asian-inspired-tabouli-salad>

Ingredients

- 1/2 cup #3 coarse bulgur
- 1 cup water
- 1 16 ounce bag of frozen Asian vegetables (or stir fry mix)

Dressing:

- 1/2 tsp. honey
- 1 Tbsp. olive oil
- 1 tsp. soy sauce
- 1 Tbsp. lemon juice
- 2 tsp. dried cilantro
- 1 tsp. ground ginger
- Kosher salt and fresh ground pepper

Instructions

1. In a small saucepan, bring the bulgur and water to a boil. Cover and let sit for 25 minutes until all the liquid is absorbed.
2. Place the bag of frozen vegetables in a microwave safe dish and cook until defrosted but not hot.
3. In a large bowl, add the honey, olive oil, soy sauce, lemon juice, cilantro, ginger, 2 pinches of salt and some cracked black pepper. Whisk together. Add the vegetables and the bulgur. Stir well to coat everything in the dressing. Chill in the refrigerator until ready to eat.

Tips: You can use fresh vegetables if you prefer, and simply stir-fry them briefly to the desired tenderness.

Makes 4 servings.

Nutrition information per serving:

Calories: 180	Dietary Fiber: 8 g
Total Fat: 6 g	Sodium: 400 mg
Saturated Fat: 2 g	Protein: 7 g
Cholesterol:	Carbohydrates: 36 g