

# Bulgur Salad with Dried Fruit

Bulgur, also known as cracked wheat, is one of the most fiber-rich grains. Another plus—unlike other grains, it doesn't require a long cooking time. It only needs to be rehydrated in boiling water for about a half-hour.

Get all the other ingredients ready while the bulgur soaks. If you have some fresh Italian parsley on hand, chop ¼ cup of it and sprinkle over the salad before serving.

If you don't have the time or inclination to squeeze an orange, you can use a high-quality 100 percent orange juice that is freshly squeezed (not from concentrate). Be sure to buy juice that is pasteurized.

**6 servings**

Prep Time:  
**15 minutes or less**

Total Time:  
**45 minutes or less  
plus 1 or more hours  
refrigeration**

**Nutritional Information**

**Per Serving (about ½ cup)**

Calories	140
Total Fat	5 g
Total Carbohydrate	24 g
Dietary Fiber	4 g
Sugars	9 g
Protein	3 g
Sodium	7 mg

- 1 cup bulgur**
- 1 cup boiling water**
- ½ apple, chopped**
- ¼ cup dried sweetened cranberries**
- ¼ cup golden or brown raisins**
- 2 scallions, thinly sliced**
- 2 tablespoons chopped fresh mint**
- 2 tablespoons olive oil**
- 2 tablespoons fresh lemon juice**
- 2 tablespoons fresh orange juice or high-quality store-bought orange juice**
- Salt and freshly ground black pepper**
- 2 tablespoons slivered almonds, lightly toasted, optional**

1. In a heatproof bowl, combine the bulgur and water and let stand for 30 minutes. If the mixture is absorbing the water too quickly, add 1 tablespoon or more water.
2. When the bulgur is tender, add the apple, cranberries, raisins, scallions, and mint. In a bowl, combine the olive oil, lemon juice, and orange juice. Add to the salad and stir gently to incorporate. Season with salt and pepper. Cover and refrigerate for at least 1 hour. Add the almonds just before serving.