



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Bulgur, Garbanzo Bean and Cucumber Salad –

2 cups whole grain quick-cooking bulgur (11 – 12 ounces)
2 15 – 16 ounce cans of garbanzo beans (chickpeas), drained and rinsed
2 ½-pint containers of small cherry or grape tomatoes, cut in half
1 cup diced unpeeled English hothouse cucumber
1 cup diced roasted red peppers from a jar
2/3 cup chopped fresh dill
¼ cup white balsamic vinegar
1 tbl. ground cumin
6 tbl. olive oil

1. Cook bulgur in large saucepan of boiling salted water until just tender, 10 – 12 minutes. Drain. Rinse with cold water to cool; drain well. Transfer to large bowl. Add garbanzos and next 4 ingredients.

2. Whisk vinegar and cumin in small bowl. Whisk in oil. Season dressing with salt and pepper; pour over bulgur to coat salad. Taste for seasoning.

Credit: Bon Appetit