



FARMERS MARKET

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Bulgur Salad with Herbs, Apricots and Pistachios

Serves 6

Ingredients

2 cups bulgur
Kosher salt
2/3 cup plus 2 Tbs. extra-virgin olive oil
1/3 cup minced yellow onion
3 medium cloves garlic, minced (1 Tbs.)
1/2 cup chopped dried apricots
1 cup coarsely chopped fresh flat-leaf parsley
3/4 cup coarsely chopped fresh cilantro
3/4 cup coarsely chopped fresh mint
1/2 cup chopped roasted, salted pistachios
1/3 cup fresh lemon juice (from 2 large lemons)
Freshly ground black pepper

In a 12-inch skillet, toast the bulgur over medium heat, stirring constantly with a wooden spatula, until aromatic and just a shade darker, about 3 minutes. Transfer to a small bowl. In a 1- to 2-quart pot, bring 2 cups of water and 1 tsp. salt to a simmer over medium-high heat.

Meanwhile, heat 2 Tbs. of the oil in the skillet over medium heat. Add the onion and garlic and cook, stirring, until tender, about 3 minutes. Stir in the bulgur, apricots, 1 tsp. salt, and the simmering water. Cover the skillet and remove from the heat. Let stand until the bulgur is tender and has completely absorbed the liquid, 30 to 40 minutes. Gently fold in the parsley, cilantro, mint, and pistachios.

In a small bowl, whisk the lemon juice with 1/4 tsp. each salt and pepper. Slowly whisk in the remaining cup olive oil in a slow stream.

Drizzle the salad with the dressing, season to taste with more salt and pepper, and serve.

Cook's Note: The salad can be covered and refrigerated for up to 4 hours; return to cool room temperature before serving. Season to taste with additional salt and pepper if necessary.

Credit: Cuisine at Home