



Bulgur Black Bean Salad

Ingredients

- 1 cup uncooked bulgur
- 2 cups water
- 1 can (14 ounces) black beans, drained and rinsed
- 1/2 teaspoon cumin
- 1 orange, zested and juiced
- 1 red bell pepper, diced
- 2 teaspoons vinegar
- 4 tablespoons fresh parsley, chopped
- 2 tablespoons olive or canola oil

Directions

1. Put 1 cup bulgur and 2 cups water in an uncovered saucepan. Bring to a boil and then simmer for 12-15 minutes until excess liquid is absorbed.
2. Scrub orange, then remove zest. Cut orange in half and squeeze juice into a large mixing bowl. Add orange zest, oil, vinegar, and cumin to the juice in the bowl.
3. Chop all the vegetables while the bulgur is cooking. Throw the vegetables and beans into the bowl and mix well. Add the cooked bulgur and mix again.

*** High in Fiber and Protein. See nutritional information below.**

NUTRITIONAL INFORMATION: (Amount per serving) Serves: 6, Calories: 198, Fat: 5g, Carbohydrates: 34g, Fiber: 10g, Protein: 7.5g, Sodium: 121mg