RECIPE

Greek salad with chickpeas and bulgur

A lunch Greek salad with olive oil, chickpeas and bulgur, where a small measure of feta and olives carries the salt, about 465 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 2 cups cooked bulgur, cooked in water with no salt
- [ ] 1 can (15 oz) no-salt-added chickpeas, drained and rinsed (1½ cups, 246 g)
- [ ] 1 English cucumber, halved lengthwise, seeded and sliced ¼ inch thick
- [ ] 2 cups cherry tomatoes, halved
- [ ] 1 medium green bell pepper, cut in 1-inch pieces
- [ ] ¼ cup thinly sliced red onion
- [ ] 12 kalamata olives, pitted and halved
- [ ] 1 ¾ oz feta, cut in ½-inch cubes
- [ ] ½ cup chopped fresh parsley
- [ ] 3 tbsp extra-virgin olive oil
- [ ] 3 tbsp red wine vinegar
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp dried oregano

Method

1. Cook the bulgur in water with no salt, a little less than 1½ cups of water for ⅔ cup dry, covered, for 12 to 15 minutes. Fluff it, spread it on a plate and let it cool while you chop.
2. Slice the onion thin and rinse it under cold water for a minute. Drain it well. The rinse takes the sharp edge off without any salt.
3. In a big bowl whisk the olive oil, vinegar, lemon juice, oregano, garlic powder, salt and pepper until it looks cloudy and thick.
4. Add the cucumber, tomatoes, green pepper, onion, olives, chickpeas and cooled bulgur. Toss well so the dressing reaches the bottom of the bowl.
5. Add the parsley and the feta cubes last, and fold them in only twice so the cheese stays in pieces.

- [ ] ½ tsp garlic powder
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper

6. Divide among 4 bowls. Eat now, or let it sit 20 minutes so the bulgur drinks up the dressing. Keeps covered in the fridge for 3 days; refrigerate within 2 hours of making it.