

## Chef Meg's Herbed Bulgur and Lentil Salad

### Ingredients

1 c dry lentils, preferably green or yellow  
2 c water  
1 c dry bulgur  
1 c boiling water  
1/4 c olive oil  
1/4 c lemon juice  
2 cloves garlic, crushed  
1 t salt  
2 T mint, chopped  
2-3T dill, chopped  
fresh black pepper, to taste  
1/4 c parsley, chopped  
1/3 c red onion, finely chopped  
1 bell pepper, diced  
1 stalk celery, finely chopped

#### Nutrition Info

Calories: 159.2

Fat: 7.1g

Carbohydrates: 21.0g

Protein: 4.8g

Optional additions (calories not included in total but are noted below):

1/2 c crumbled feta cheese (add 25 calories, 2 g fat per appetizer-size serving)

1/2 c niçoise or other black olives (add 10 calories, 1 g fat)

1 tomato, diced

1/2 c walnuts, toasted and chopped (add 50 calories, 5 g fat)

squeezable wedges of lemon, for garnish

### Directions

Wash lentils. Place in a medium-sized saucepan, cover with water, and bring just to the boiling point. Turn the heat down, partially cover, and allow to simmer without stirring for 20 minutes or until tender but not mushy. Drain well, and then transfer to a large bowl.

(Note: If using yellow or pink lentils, adjust cooking time to 15 minutes.)

While the lentils are cooking, place the bulgur in a small bowl. Add boiling water, cover with a plate, and let stand 10 to 15 minutes.

Add everything to the lentils, except tomato chunks, walnuts, and lemon wedges if using. Mix gently but thoroughly. Cover tightly and refrigerate.

Just before serving, top with tomatoes and walnuts. Garnish with lemon wedges.

Number of Servings: 8

*Recipe submitted by SparkPeople user CHEF\_MEG.*