

Lemon, Chick Pea and Feta Salad

This is a low saturated fat, low cholesterol, high fiber dish that is great for the spring!
Use it as a main dish for a complete meal or as a side dish.

Ingredients:

½ cup boiling water
1/3 cup uncooked bulgur (look for this at health food stores, or use bulgur wheat cereal, found in the hot cereal section of the supermarket)
1 ½ Tbsp. fresh lemon juice, divided
1/3 cup canned chickpeas (garbanzo beans), rinsed and drained
2 Tbsp. chopped peeled cucumber
2 Tbsp. diced red onion
2 Tbsp. chopped celery (about 2 medium celery stalks)
2 Tbsp. crumbled feta cheese
1 ½ tsp. chopped fresh or ¼ tsp. dried dill
2 tsp. extravirgin olive oil
Salt and pepper to taste

Directions:

1. Combine ½ cup boiling water, bulgur, and 1 Tbsp. lemon juice in a medium bowl. Let mixture stand for 15 minutes. Add chickpeas, cucumber, celery, red onion, feta cheese, and dill; toss gently to combine.
2. Combine 1 ½ tsp. lemon juice, olive oil, salt and pepper, stirring with a whisk. Drizzle over bulgur mixture and toss gently to coat. Cover and chill.

Yield: One serving (1 ½ cups)

Nutrition Information:

Calories: 390
Fat: 13.6g
Protein: 12.3g
Carbohydrate: 58.9g
Fiber: 13g
Cholesterol: 13mg
Iron: 2.6mg
Sodium: 713mg
Calcium: 129

Recipe adapted from www.cookinglight.com