



Earth Day Salad

Ingredients:

¾ cup bulgur wheat, uncooked
1-½ cups water, boiling
½ cup low-sodium chickpeas
½ cup low-sodium black beans
1 yellow squash, diced
1 tomatoes, diced, de-seeded
3 green onions, chopped
¼ bunch cilantro, chopped
1 cup arugula, packed

Honey Lime Vinaigrette
½ cup lime juice
2 tablespoons olive oil
2 tablespoons honey
1 tablespoon ground black pepper
1 tablespoon ground cumin
zest of 1 lime

Instructions:

1. To cook the bulgur, place the bulgur and add boiling water into a bowl. Cover and allow to sit for about 20 minutes. Stir and fluff and leave covered and you continue with the recipe.
2. Drain and rinse the chickpeas and black beans, then add to a bowl along with squash, tomato, green onions, cilantro, and arugula.
3. When cooled, add the bulgur wheat to the mixing bowl and mix together.
4. In a separate bowl, whisk together the lime juice, olive oil, honey, pepper, cumin, and lime zest to make the vinaigrette.
5. Add the dressing to the salad, mix, and enjoy!

Variations:

- You can use your favorite seasonal vegetables in place of our suggestions.
- Use your own favorite healthy salad dressing in place of this one.
- Make this gluten-free by replacing the bulgur wheat with quinoa, brown rice, buckwheat, or millet.
- Have this salad as a hearty main dish by adding 3 ounces (per serving) of your favorite lean protein – try tofu, free-range chicken or turkey breast, or grass-fed beef.

Prep Time: 30 minutes

Cooking Time: 30 minutes

Equipment:

medium saucepan with lid
measuring cups and spoons
cutting board and knife
large mixing bowl
small mixing bowl
mixing spoons
can opener

Servings: 4

Serving Size: 1 cup



Nutrition Facts: 210 Calories, 1.5 g Fat, 00 g Saturated Fat, 42 g Carbohydrates, 10 g Protein, 12 g Fiber, 4 g Sugar, 120 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

BROUGHT

TO YOU BY: Campus Health Service • Campus Rec • Culinary Services • ASUA • SHAC