



Lemon Garbanzo Salad with Feta

Recipe Source: www.cookinglight.com

Servings: 1

Ingredients:

½ cup boiling water
1/3 cup uncooked bulgur
1 ½ TBSP fresh lemon juice, divided
½ cup canned chickpeas, rinsed and drained
2 TBSP chopped cucumber
2 TBSP chopped celery
2 TBSP diced red onion
1 ½ TBSP crumbled feta cheese
1 ½ tsp chopped fresh or ¼ tsp dried dill
2 tsp extra virgin olive oil
1/8 tsp salt
1/8 tsp freshly ground black pepper

Steps:

- 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, diced red onion, 1 ½ TBSP feta cheese and dill; toss gently to combine.
- 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.

Tips from the Test Kitchen: This recipe makes one generous serving.

Nutritional Facts: Calories: 293 , Carbohydrates: 32 grams, Protein: 10 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 13 mg, Sodium: 663 mg, Fiber: 9 grams, Total Sugars: 2 grams.