



tabbouleh salad with chickpeas & pistachios

Healthy and refreshing, this Tabbouleh Salad with Pistachios & Chickpeas makes for the perfect lunch or side dish. Chock full of fresh herbs, dried fruit, juicy cucumber and protein-rich chickpeas, this bulgur salad is tossed in a lemon shallot vinaigrette and is topped with crunchy roasted pistachios.

SERVES: 4



julie albert & lisa gnat



ingredients

Lemon Shallot Dressing

- ¼ cup fresh lemon juice
- ¼ cup olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 2 tsp finely chopped shallots
- ½ tsp kosher salt
- ¼ tsp ground cumin
- 1/8 tsp cayenne pepper

- 2 cups water
- 1 cup dried bulgur wheat
- ½ tsp kosher salt

- 1 cup canned chickpeas, rinsed and drained
- 1 cup diced, unpeeled cucumber
- ½ cup chopped pitted dates
- ½ cup dried cranberries and/or dried cherries
- ½ cup chopped fresh flat-leaf parsley
- ¼ cup chopped fresh mint leaves

- ½ cup roasted pistachios

directions

1. For the dressing, in a small bowl, whisk lemon juice, olive oil, cider vinegar, honey, shallots, salt, cumin and cayenne pepper. Set aside.
2. In a small saucepan, bring 2 cups water to a boil and stir in bulgur and salt. Cover, remove from heat and let stand until tender, about 25-30 minutes.
3. In a large serving bowl, combine chickpeas, cucumber, dates, cranberries or cherries, parsley, mint and cooked bulgur. Toss with dressing and top with roasted pistachios.

“The West wasn’t won on salad.”

– NORTH DAKOTA BEEF COUNCIL

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