

Good Earth Salad

Ingredients:

1 C dried bulgur wheat (cracked wheat)
 1 C dried lentils, rinsed and drained
 1/4 tsp. salt
 3 Tbsp. fresh lemon juice
 1 Tbsp. extra virgin olive oil
 1/4 C minced fresh mint leaves
 1 tsp. dried oregano leaves
 3 green onions (white and green parts) sliced
 1 medium cucumber, peeled and chopped
 1/2 each red and yellow bell pepper, diced
 2 fresh tomatoes, diced
 1 C frozen peas (optional)
 1/2 C minced fresh parsley
 Serves 10



*SOY FREE



*VEGAN

Directions:

1. In medium bowl, combine bulgur with 2 cups boiling water.
2. Cover and let stand for 30 minutes.
3. In a medium saucepan, add lentils to 2 cups boiling water.
4. Simmer without stirring until lentils are tender (about 20-30 minutes). When lentils are tender, drain and then rinse them in cold water.
5. To make dressing, combine salt, lemon juice, oil, mint and oregano.
6. Refrigerate until thoroughly chilled.
7. Just before serving, toss bulgur mixture with green onions, cucumbers, bell peppers, tomatoes, green peas and parsley.

Nutrition Facts

Serving Size 1 cup (134g)
 Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat 15**

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 9g	

Vitamin A 20% • Vitamin C 70%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4