Lebanese Layered Salad

Author: Cooking Light

Servings: 8



Notes: Use a tall glass bowl (trifle bowl, for example) if available. Use a nonreactive type, not metal.

Description:

1. Place bulgar in a large bowl.
2. Combine juice, oil, salt, and garlic in a small bowl, stir well. Drizzle juice mixture over bulgar. Layer onions, tomato, parsley, mint and dill.
3. Add cucumbers and bell peppers. Sprinkle with additional salt and black pepper. Cover with plastic wrap; refrigerate overnight - at least 24 hours or up to 48 hours before serving.

1 cup uncooked medium bulgar
3/4 cup fresh lemon juice
2 tablespoons olive oil
3 cloves garlic, minced
1 teaspoon salt
2 cups red onions, finely chopped
5 cups tomatoes, chopped
1/2 cup fresh parsley, chopped
1/2 cup fresh mint, chopped
1/4 cup fresh dill, chopped
2 cups hothouse cucumber, chopped
1 cup red pepper, chopped
salt and black pepper for garnish

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 149 Calories; 4g Fat (22.8% calories from fat); 5g Protein; 27g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 286mg Sodium. Exchanges: 1 Grain(Starch); 2 Vegetable; 0 Fruit; 1/2 Fat.