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LARISSA TABORSKI

## BULGUR SALAD WITH RAW VEGETABLES

STEAM MODE

### Ingredients:

- ¾ - cup bulgur
- 1 - 2" wedge red or white onion, finely minced
- 1 - cup cherry or grape tomatoes cut into quarters
- 2 - small cucumbers, cut into small chunks
- 1 - cup flat-leaf parsley leaves, coarsely chopped
- ½ - cup pitted Kalamata olives
- 1 - cup canned garbanzo beans, rinsed (optional)
- ½ - tsp dried dill
- ½ - cup evoo
- 4 - tbsps white balsamic vinegar
- ¼ - cup crumbled Feta cheese

Bulgur cooks in 15 - 20 minutes which is just enough time to chop some fresh vegetables and put together a dressing for an easy delicious side dish. Serve with flatbreads, grilled meats or fish or just enjoy as a salad.

### Preparation:

Preheat the Steam Oven in the Steam Mode.

Place the bulgur in the solid pan and add just enough water to barely cover the grains.

Steam for 15 minutes and check for doneness. If there is a little residual liquid it will be absorbed while the bulgur is standing at room temperature. If there is a lot of residual liquid then strain the bulgur in a fine mesh strainer.

Combine the onion and tomatoes in a small glass or stainless steel bowl.

Combine the oil and vinegar to make a dressing; season with sea salt & freshly ground black pepper and sprinkle a little over the tomato onion mixture; set the tomatoes aside to marinate while you prepare the remaining ingredients.



Combine the remaining ingredients in a medium sized bowl. Fluff the cooked bulgur with a fork and add to the bowl; stirring gently to combine; stir in the tomatoes and toss gently with the remaining dressing. For added flavor crumble some Feta cheese into the salad before serving.

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