



## **Garbanzo, Avocado & Tomato Bulgur Salad**

Recipe courtesy of La Bodega Del Cuervo, Chef Raquel DeHoyos

### **Ingredients**

1 cup cracked bulgur wheat  
1  $\frac{3}{4}$  cup water  
1 teaspoon olive oil, plus 1 tablespoon  
1 cup diced English cucumber  
1-15 oz can garbanzo beans, drained and rinsed  
1 cup tomato, diced  
1 medium avocado, diced  
1 large lemon, zest and  $\frac{1}{2}$  of the juice  
2 green onions, sliced  
 $\frac{1}{4}$  cup minced fresh Italian parsley  
 $\frac{1}{4}$  oz, about 4 large sprigs or 1  $\frac{1}{2}$  tablespoons, fresh dill, minced  
 $\frac{3}{4}$  teaspoon salt

Yields: 6  $\frac{1}{2}$  cups

### **Instructions**

Place bulgur, water and 1 teaspoon olive oil into a small pot. Cover with a lid and bring to a boil, then simmer on low heat for 8 minutes. Remove from heat, place into a large mixing bowl and fluff with a fork. Add remaining ingredients and serve warm or chilled. This recipe is also delicious served as a sandwich in pita bread.