

Tangy Bulgar Salad

- 1 ½ cups fine bulgar
- 1 ½ cups hot water
- 3 Tbsp. lemon juice
- 3 Tbsp. orange juice
- 1 Tbsp. grated orange rind
- 1/3 cup Udo's oil or extra-virgin olive oil
- 3 medium oranges, cut into sections and cut into thirds
- 1/3 cup fresh mint leaves, finely chopped
- 1/3 cup fresh parsley, finely chopped
- 1/3 cup slivered almonds
- 1/3 cup raisins or dried cranberries

In a large bowl, combine bulgar, water, lemon juice, orange juice and rind. Tightly cover with plastic wrap and let mixture stand at room temperature until liquid is absorbed, about 30 minutes. Fluff mixture with a fork.

Add remaining ingredients to bulgar.

Let salad stand 30 minutes before serving to allow flavours to develop.

Sandy Pomeroy
Goodness Me! Lifewatchers