



TOMATO & CUCUMBER BULGUR SALAD

Ingredients

3 Cups Water

1¼ Cups Bulgur Wheat

1 Teaspoon Salt

Zest and Juice of 2 Oranges

½ Cup Extra Virgin Olive Oil

½ Teaspoon Pepper

3 Cups Diced Cucumber

2 Cups Cherry Tomatoes,
Halved

½ Cup Minced Red Onion

½ Cup Chopped Parsley



MY
FOOD PROGRAM

Directions

1. Bring water and salt to a boil in a saucepan. Place the bulgur in a medium bowl and pour the boiling water over. Let it sit for 30 minutes, then drain and return to the bowl.
2. In a small container whisk the zest and juice of the orange, olive oil, and pepper. Pour over the bulgur and stir to thoroughly combine.
3. Add the cucumber, tomatoes, onion, and parsley to the bulgur and toss to combine.

Toddler = ⅓ cup; Preschool = ½ cup; School-Age = 1 cup
as vegetable and grain (whole grain-rich) at lunch/supper.