

## Citrus Bulgur Salad with Mint and Basil

*If you don't have mint or basil, you can substitute them for parsley, cilantro, chives, dill, tarragon, or any other soft herbs you like. Bulgur wheat is a great source of fiber, magnesium, and protein.*

**Serves 4-6**

### **Ingredients**

#### **Bulgur**

- 3 cups vegetable broth
- $\frac{3}{4}$  tsp. salt
- 1 tsp. ground fennel
- 1 tsp. ground cumin
- Zest of one orange
- Zest of one lemon
- 1 tbsp. olive oil
- 1 and  $\frac{1}{2}$  cups bulgur
- 1 medium orange, cut into bite-sized pieces
- $\frac{1}{2}$  cup chopped fresh mint
- $\frac{1}{2}$  cup chopped fresh basil
- $\frac{1}{2}$  cup pistachios or other nuts or seeds of your choice
- $\frac{1}{2}$  cup raisins

#### **Dressing**

- $\frac{1}{4}$  cup extra virgin olive oil
- Juice of one orange (about  $\frac{1}{2}$  cup)
- Juice of one lemon (3-4 tbsp.)
- $\frac{1}{4}$  tsp. ground fennel
- $\frac{1}{2}$  tsp. ground cumin
- Salt and pepper to taste

### **Directions**

- 1) In a medium saucepan, bring the broth to a boil with the salt, ground fennel, cumin, orange and lemon zest, and 1 tbsp. olive oil. Add the bulgur and simmer for 10-15 minutes, or until all of the liquid has been absorbed. Set aside to cool.
- 2) In a small bowl, whisk together the dressing. Pour over the cooked bulgur and stir.
- 3) Right before serving, mix in the orange, mint, basil, nuts, and raisins. Serve cold or at room temperature.

