

orange tabouleh

1/2 cup bulgur, rinsed and drained

1/2 cup water

3 medium navel oranges

2 tablespoons olive oil

1/2 teaspoon salt

1/4 teaspoon ground coriander

1/4 teaspoon ground cumin

1/8 teaspoon ground cinnamon

1/8 teaspoon ground turmeric

1/2 cup frozen green peas, thawed

1/2 cup coarsely shredded carrot

1 green onion, thinly sliced

1/4 cup snipped fresh flat-leaf Italian parsley

2 tablespoons snipped fresh mint

directions

In a small saucepan, bring bulgur and the water to boiling; reduce heat. Simmer, covered, about 5 minutes or until the water is almost absorbed. Remove from the heat. Let stand, covered, for 10 minutes.

Meanwhile, shred 1/2 teaspoon zest from one of the oranges into a large bowl. Juice one of the oranges and add the juice to the zest in bowl. Cut the peel and all the white pith off the remaining two oranges. Working over the large bowl (to catch juice), cut sections from oranges, letting them fall into the bowl.

Add all remaining ingredients (except bulgur) to the oranges. Toss gently to combine. Add undrained bulgur and toss again to coat. Chill, covered, for 4 to 24 hours, stirring once or twice.

Servings Per Recipe 4, sugar (g) 11, Potassium (mg) 377, iron (mg) 2, vit. A (IU) 3618, cal. (kcal) 191, calcium (mg) 71, pro. (g) 4, chol. (mg) 0, Thiamin (mg) 0, Fat, total (g) 7, vit. C (mg) 63, carb. (g) 30, Niacin (mg) 2, sat. fat (g) 1, Riboflavin (mg) 0, Folate (µg) 58, Polyunsaturated fat (g) 1,