

Bulgur Salad

Ingredients:

- 1 cup bulgur
- 2 Tbsp finely chopped red or Spanish onion
- 1 clove garlic, minced
- ½ cup cooked corn kernels, cooled
- 1 tomato, seeded and diced
- ½ small zucchini, thinly sliced
- ¼ cup crumbled feta cheese
- ¼ cup bottled fat-free Italian dressing
- Pinch crushed dried basil
- Pinch salt and black pepper



Instructions:

- Cover bulgur with 2 cups boiling water; let stand for 30 minutes. Drain.
- In a bowl, combine bulgur, onion, garlic, corn, tomato and zucchini; stir in cheese, dressing and basil.
- Season with salt and pepper to taste. Cover and refrigerate for at least 1 hour.
- Serves 6 .