

## Waldorf Salad with Whole Wheat Bulgur

Number of servings: 6

Preheat oven to 350°

### Nutrition Info

Calories: 235

Fat: 10.8 g

Carbohydrates: 34.4g

Protein: 4.2g

Fiber: 6.7g

### Ingredients

*¾ cup uncooked bulgur & ¾ cup boiling water*

*¾ tsp salt, divided*

*2 tbsp olive oil*

*2 tbsp fresh lemon juice*

*2 tsp honey*

*3 Braeburn apples, cored and chopped*

*3 stalks celery, thinly sliced*

*¼ cup golden raisins*

*¼ cup green onions, thinly sliced*

*2 tbsp fresh cilantro, chopped*

*½ cup toasted hazelnuts, chopped*

### Directions

- Place bulgur and ½ tsp of salt in a large bowl, cover with boiling water, cover the bowl with a plate and let the bulgur stand for 30 minutes or until it's tender and has absorbed all the water.
- Whisk together remaining liquid ingredients and ¼ tsp of salt in a large bowl. Add the bulgur, apples, celery, raisins, green onions, cilantro, and hazelnuts; stir well to combine. Let stand for 20 minute before serving.

Courtesy of: Chef Ivy Manning

<http://Ivymanning.com>

