

## Mandarin Bulgar Salad

*(Makes 1 serving)*

(V) – This recipe is a vegan option recipe!

*Here's another great, but easy salad that doesn't require dressing because it is already moist and bursting with flavor in its own right. Wash, dry and chop lettuce; place in your own salad bowl or on salad plate. Bulgur is a great source of fiber.*

### **Ingredients:**

- 3 cups romaine
- ½ cup cooked bulgur
- ¼ cup chopped red onion
- ½ cup garbanzo beans, cooked  
(canned okay, but rinse and drain)
- ½ cup canned mandarin oranges, canned in juice, drained
- 6 to 8 large strawberries, sliced (about ¼ pound)  
(or about 1 cup of frozen strawberries, thawed)
- 2 tablespoons chopped walnuts or walnut pieces

### **Directions:**

- 1) Wash, dry and chop lettuce; place in your own salad bowl or on salad plate.
- 2) Top with bulgur, onion, and garbanzo beans.
- 3) Arrange mandarin orange slices and sliced strawberries on top; sprinkle with walnuts.

### **Nutritional Analysis:**

- Calories: 425 (26% of calories as fat)
- Fat: 12.8 g
- Saturated Fat: 1.3 g
- Protein: 17 g
- Carbohydrates: 67 g
- Fiber: 16.8 g
- Cholesterol: 0 mg
- Potassium: 1054 mg
- Sodium: 26 mg
- Omega 3 Fatty Acids: 1.6 g

### **Source:**

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