



Bulgur Salad With Apricots, Radicchio, Herbs, and Walnuts

Bulgur, a Middle Eastern grain made from parboiled and dried wheat kernels, is a fast-cooking crowd-pleaser. Here, we toss it with the contrasting flavors of sweet dried apricots, bitter radicchio, and chopped mint and parsley for freshness. A half-cup of chopped walnuts adds some pleasant crunch.

Ingredients

1 cup bulgur wheat
1/2 teaspoon salt, plus more to taste
1/2 small head radicchio, cored and thinly sliced (about 1 cup)
1/2 cup chopped dried apricots
1/2 cup chopped fresh parsley leaves
1/2 cup chopped fresh mint leaves
3 scallions, white and green parts, finely sliced
1/2 cup chopped walnuts, toasted if desired
1/4 cup freshly squeezed lemon juice, from 2 lemons
1/4 cup extra virgin olive oil
2 1/2 teaspoons agave nectar or honey
Freshly ground black pepper, to taste

Directions

Bring a kettle of water to a boil. Place bulgur in a medium bowl with salt, then pour 1-1/4 cups boiling water over top. Cover the bowl tightly with plastic wrap and let sit until all of the water is absorbed, 25 to 30 minutes

Combine the cooked bulgur with all of the remaining ingredients and toss well. Season to taste with salt and pepper. Serve cold or at room temperature.