

Bulgur and Black-Eyed Pea Salad

This turkish recipe is easy to make and makes a great side salad for lamb chops. This recipe is from www.epicurious.com.

Makes 6 to 8 servings.

Dressing:

1/4 cup pomegranate molasses
3 tbsp. extra-virgin olive oil
2 large cloves garlic

Salad:

3 tbsp. olive oil
1 1/2 cups onion, chopped
2 cups small grain bulgur (10 oz.)
2 cups warm water
3 red jalapeno chiles, thinly sliced into rounds
1 cup canned black-eyed peas, rinsed and drained
1 cup fresh basil, chopped (preferably purple)
3 large green onions, chopped

2 cups plum tomatoes, chopped, seeded, diced
1/2 cup walnuts, toasted, chopped

Dressing:

Combine pomegranate molasses and oil in small bowl. Using garlic press, press garlic into mixture and whisk to blend. Season dressing to taste with salt and pepper.

Salad:

Heat oil in heavy large skillet over medium heat. Add chopped onion and saute until translucent, about 6 minutes. Add bulgur; stir 1 minute. Add 2 cups warm water, cover, and simmer until water is absorbed, about 5 minutes. Remove from heat. Mix in jalapeno chiles, then black-eyed peas, basil, and green onions. Cover skillet and let stand 5 minutes. Transfer bulgur mixture to large bowl. Mix in dressing. Season salad to taste with salt and pepper.

Just before serving: mix tomatoes into salad and sprinkle with nuts.

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Shopping List

Bulgur and Black-Eyed Pea Salad

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
pomegranate molasses	1/4 cup	_____
extra-virgin olive oil	3 tbsp.	_____
cloves garlic	2 large	_____
olive oil	3 tbsp.	_____
onion	1 1/2 cups	_____
small grain bulgur	2 cups	_____
red jalapeno chiles	3	_____
canned black-eyed	1 cup	_____
peas	1 cup	_____
fresh basil (purple)	3 large	_____
green onions	2 cups	_____
plum tomatoes	1/2 cup	_____
walnuts		_____

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