



**Makes 8½ cups**  
**Preparation Time: 20 minutes**

**INGREDIENTS:**

⅔ cup low-sodium tomato juice  
3 tablespoons sherry vinegar  
2 tablespoons pure maple syrup  
1 teaspoon dry mustard  
½ teaspoon sea salt  
¼ teaspoon cayenne pepper  
4 cups cooled cooked bulgur  
2 15-oz. cans no-salt-added chickpeas, rinsed and drained (3 cups)  
1 15-oz. can no-salt-added small red beans, rinsed and drained (1½ cups)  
1 cup thinly sliced celery  
1 cup chopped fresh parsley  
½ cup finely chopped sweet onion  
Baby romaine  
Quartered cherry tomatoes  
Freshly ground black pepper

## Bulgur-Bean Salad with Tomato Vinaigrette

Bulgur is a delicious, chewy **whole grain** that's prominently featured in Middle Eastern cuisine. Here, we've paired it with hearty chickpeas and red beans to create a filling salad packed full of fresh flavors. Crunchy celery and peppery parsley add herbaceous undertones while a tomato vinaigrette delivers a sweet, acidic kick to every bite. Served over baby romaine and topped with juicy cherry tomatoes, this bulgur salad is easy to whip up when you're hankering for a filling meal but are short on time. Another option is to pile everything into a whole wheat tortilla and turn it into a great **grab-and-go** wrap!

Note that this recipe calls for 4 cups of cooked and cooled bulgur, so be sure to have that ready to go. For 4 cups cooked, start with 1⅓ cups dry bulgur and cook according to package directions. For more tips on cooking whole grains, check out our comprehensive **guide**.

By Shelli McConnell

- 1 In a large bowl whisk together the first six ingredients (through cayenne). Add the next six ingredients (through onion); toss to coat. Arrange romaine on a serving platter. Spoon bulgur mixture over top. Top with tomatoes and sprinkle with black pepper.