

## Bulgur Salad with Cucumber and Tomato

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Yield Serves 2

### Ingredients

1/2 cup bulgur  
1/2 teaspoon salt  
1 1/2 tablespoons fresh lemon juice, or to taste  
2 tablespoons olive oil  
3/4 cup minced fresh parsley leaves  
1/2 cup chopped seeded cucumber  
1/2 cup quartered cherry tomatoes  
1 scallion, sliced thin

### Preparation

In a small saucepan combine the bulgur, the salt, and 3/4 cup water and simmer the mixture, covered, for 12 to 15 minutes, or until the water is absorbed. Transfer the bulgur to a bowl, let it cool for 10 minutes, and stir in the lemon juice, the oil, the parsley, the cucumber, the tomatoes, the scallion, and salt and pepper to taste.