

## Vegetable Bulgur Salad

GOURMET JULY 2000

Yield/Makes 8 servings

### Ingredients

3/4 cup bulgur

1 cup boiling-hot water

1/3 cup extra-virgin olive oil

1 1/2 lb summer squash, sliced 1/2 inch thick

1 small onion, chopped

1 lb eggplant, halved lengthwise and cut crosswise into 1/2-inch-thick slices

1/2 cup cherry tomatoes, halved

1 medium cucumber, quartered lengthwise and cut crosswise into 1/2-inch-thick slices

2 cups baby spinach

1/2 cup fresh basil

2 tablespoons tomato, caper, and olive vinaigrette

### Preparation

Combine bulgur and boiling-hot water in a bowl and let stand, covered, 20 minutes. Fluff with a fork and season with salt and pepper. Cool slightly.

While bulgur stands, heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté squash and onion with salt and pepper to taste, stirring, until tender, about 5 minutes. Transfer cooked vegetables with a slotted spoon to a large plate to cool. Add remaining 3 tablespoons oil to skillet and heat over moderately high heat until hot but not smoking, then sauté eggplant with salt and pepper to taste (add more oil, 1 tablespoon at a time, if necessary), stirring, until golden brown and tender, about 6 minutes. Transfer eggplant with slotted spoon to plate to cool.

Gently toss cooked vegetables with bulgur, tomatoes, cucumber, spinach, basil, vinaigrette, and salt and pepper to taste.

### Tomato, Caper and Olive Vinaigrette

#### Ingredients

1/2 cup fresh lemon juice

2 teaspoons Dijon mustard

3/4 cup extra-virgin olive oil

1 cup cherry tomatoes, quartered

2/3 cup Kalamata or other brine-cured black olives, pitted and halved

2 tablespoons drained capers, rinsed

1 clove garlic

#### Preparation

Whisk together lemon juice, garlic and mustard. Add oil in a slow stream, whisking until emulsified. Stir in tomatoes, olives, capers, and salt and pepper to taste.