



Healthy Recipes

Arugula Salad with Bulgur, Apricot, and Avocado

YIELDS

4 servings

PREP TIME

15 min.

TOTAL TIME

15 min.

Ingredients

Dressing:

1/4 cup extra-virgin olive oil

1 garlic clove, minced

Juice of 1 medium lemon

1/2 to 1 teaspoon honey
or maple syrup, if vegan

2 teaspoons cumin

1 teaspoon chopped chives

Pinch of red pepper flakes

1/4 teaspoon sea salt

Freshly ground black pepper

For the salad:

1 cup bulgur

1 can chickpeas, drained, rinsed

a few big handfuls of arugula

1/2 cup dried apricots

2 small avocado, cubed

1/2 cup chopped, toasted almonds

1/4 cup chopped chives

Sea salt and freshly ground black pepper

Directions

Place the bulgur in a small bowl and cover with very hot (just off the boil) water by 1/2-inch. Set aside to soak until softened but still chewy, about 20 minutes.

Whisk together the olive oil, garlic, lemon, honey, cumin, chives, red pepper flakes, salt, and pepper. Set aside.

In a large bowl, toss together the bulgur, chickpeas, arugula, dried apricots, and a few generous pinches of salt and pepper. Drizzle in 3/4 of the dressing and toss again. Top with the avocado, chopped almonds, chives, and drizzle the remaining dressing. Season to taste and serve.

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