

BULGUR-CARROT SALAD WITH ALMONDS AND FETA CHEESE

(from The Bewitching Kitchen)

1 cup medium-grind bulgur
1 + 1/4 cups boiling water
salt and black pepper to taste
2 cups shredded carrots
1/4 cup slivered almonds, toasted
1/3 cup crumbled feta cheese
2 tablespoons olive oil
juice of 1 large lemon
1/2 teaspoon ground cumin
chopped cilantro to serve (optional)

Place the bulgur in a medium bowl and cover with boiling water. Top with a plate or plastic wrap and let sit for 20 minutes or until liquid is absorbed. If any liquid is leftover, strain it out. Let the bulgur cool, reserve.

In a serving bowl whisk together the olive oil, lemon juice, cumin, salt and pepper. When the bulgur is ready add it to the bowl and toss together with the dressing. Add in the shredded carrots, cilantro, almonds and feta. Gently toss everything together until combined. Adjust seasoning with salt and pepper as needed, sprinkle with cilantro right before serving.