

GAS PREVENTION DIET

BULGUR SALAD

¼ cup bulgur

2 Tbs. extra-virgin olive oil

¼ cup fresh lemon juice

½ tsp. kosher salt

1 cup flat-leaf parsley leaves, chopped

¼ cup mint leaves, chopped

3 scallions, thinly sliced

¼ cup walnuts

Step 1:

In a medium saucepan, bring 2 cups water to a boil and stir in bulgur. Cover and turn off heat. Let bulgur stand until tender, 10 – 15 minutes. Drain and allow to cool.

Step 2:

In a large serving bowl, whisk together oil, lemon juice and salt. Mix in parsley, mint and scallions. Mix in bulgur and sprinkle with walnuts.