



Bulgur-Pomegranate Salad

Calories:178

Carb:37.1g

Fat:1.8g

Protein:3.8g

Prep time:15 mins

Cook time:20 mins

Total time:35 mins

Servings:5

Category: Salad

ingredients

- 1 1/2 cups medium-grind bulgur
- 1 pomegranate
- 3 tbsp fresh lemon juice
- 1 handful spinach
- 2 radish
- 1 garlic clove, minced
- Pinch of ground cinnamon
- Fine sea salt Pepper
- 1 tsp
- agave nectar

directions

- Rinse the buckwheat grains and put it in a small saucepan. Pour the water in the pot and add salt, bring it to a boil.
- Reduce the heat, cover and simmer until tender 10-15 minutes. Drain the water, spread out.
- On a baking sheet to cool. In a bowl, remove the seeds from the pomegranate.
- Combine lemon juice, agave nectar, garlic, salt, pepper and reserved pomegranate juice.
- In a serving bowl, add boiled bulgur, spinach, sliced radish and pomegranate seeds,
- Pour over the dressing, toss to evenly coat, adjust seasoning.