

Caribbean Bulgur Salad with mojo dressing

Swick

Makes 3 servings | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

Suggested adult serving: 2½ cups

Store any leftover salad in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Scotch Bonnet Chile: Adjust chile amount according to your tolerance for fiery heat, and feel free to swap in (equally scorching!) habañeros if you'd prefer.

GLUTEN-FREE?

For a gluten-free version, substitute millet or brown rice for the bulgur.

Step 1: Make the Salad Fixings

- 1 1/4 cups bulgur (≈3 1/3 cups cooked)
 - 1 1/2 (15-oz) cans kidney beans drained & rinsed (≈2 1/4 cups)
 - 1 1/2 red bell peppers finely chopped (≈1 1/2 cups)
 - 6 oz pineapple finely chopped (≈3/4 cup)
 - 1/3 red onion finely chopped (≈1/3 cup)
 - 3 tablespoons unsweetened coconut flakes
 - 3/4 Scotch bonnet pepper seeded & minced (see tip)
 - freshly ground black pepper
 - sea salt
 - FOR THE MOJO DRESSING:
 - 3/4 teaspoon lime zest
 - 3 tablespoons fresh lime juice
 - 3 tablespoons fresh orange juice
 - 3 cloves garlic, minced (≈1 tablespoon)
 - 1/3 teaspoon dried oregano
 - 1/3 teaspoon ground cumin
- PREPARE GRAINS**
Prepare bulgur according to package instructions. Let cool, then fluff bulgur with a fork. Chill in the refrigerator.
- PREPARE SALAD**
In a bowl, combine cooked bulgur, kidney beans, bell peppers, pineapples, parsley, red onions, coconut flakes, and chiles.
- MAKE MOJO DRESSING**
In a small bowl, whisk lime zest, lime juice, orange juice, garlic, oregano, and cumin with 3 tablespoons water.
- SERVE**
Add mojo dressing to salad and toss to combine. Season with salt and pepper to taste.