

Bulgur Salad w/ Sautéed Vegetables, Pistachios & Almond Feta

Swick

Serves 4 to 6 | Active Time: 45 minutes | Total Time: 1 hour

- 1 cup fine bulgur
- 1 3/4 cup stock (we used our Faux Chicken Bouillon Powder)
- 1/4 to 1/2 sea salt, or to taste

To prepare the bulgur, bring the stock to a simmer and then add the bulgur and reduce the heat to a simmer. Cover with a lid and let simmer for 10 minutes and then turn off the heat, fluff the bulgur with a fork and then cover again and let it rest for another 5 to 10 minutes.

Note: Depending on the stock used, you may or may not have to add any salt. For our stock, we simply added water and a few teaspoons of our Faux Chicken Bouillon Powder. Taste the stock as it's heating up to see if it has enough flavor, if not, add a touch more of the powder, and salt, if needed.

Once the bulgur is done, fluff it again with a fork and then let it sit while you prepare the other ingredients. Alternatively, it can be made simultaneously as the other ingredients and served warm.

Also, note that this recipe can also be made with this delicious [Bulgur Pilaf](#) instead.

- 1 cup diced tofu
- 2 tsp olive oil
- 1/2 tsp garlic granules
- 1/2 tsp onion granules
- 1 tsp dried Italian herbs (such as basil, parsley, and oregano)
- 1/4 tsp sea salt, or to taste
- 1 to 2 tsp olive oil, for cooking, if needed

To prepare the tofu, simply toss it with the oil and then the herbs and season to taste with the salt.

To cook the tofu, heat a frypan over medium-high heat, once hot, add a touch more oil and then sauté the tofu for a few minutes, or until golden on each side.

- 1 cup sm. dice onion
- 1 1/2 cup sm. cauliflower florets
- 1 cup sm dice zucchini
- 1 tbsp minced garlic
- 1 to 2 tbsp olive oil
- 1/2 tsp sea salt, or to taste
- 1/4 freshly ground black pepper, or to taste

For the vegetables, try to cut them all roughly the same size. Also, note that the amount of each vegetable is not exact, nor are the ingredients themselves — feel free to experiment with what you have in the refrigerator.

To cook the vegetables, be sure to either use a big enough pan and/or cook them separately to ensure they color and cook evenly.

Cook each ingredient until it is just done — the vegetables should all still have a bit of crunch to them when they are done. Add a bit of garlic, salt, and pepper, near the end of cooking each vegetable.

- 1/2 to 1 cup Vegan Feta Cheese
 - 1/4 cup, roughly chopped sun-dried tomatoes
 - 1/4 cup sliced olives (Kalamata, green or a combination)
 - 1/3 cup roasted pistachio nuts
 - 1 cup chopped flat-leaf parsley
 - 1/4 tsp sea salt (such as fleur de sel), or to taste
 - 1/4 tsp freshly ground black pepper, or to taste
- To assemble the salad, simply toss the tofu and vegetables with the bulgur and then fold in the remaining ingredients. For the cheese, we used this Vegan Feta; however, you can either use another cheese or leave it out altogether, although we highly recommend it in this salad.
- Lastly, taste for seasoning, add a bit of salt and/or pepper as desired.