Asparagus Tabbouleh
Serves: 6
Modified from: www.eatingwell.com

Items Needed: cutting board, chef knife, saucepan, steamer basket, large bowl, measuring cups, measuring spoons, mixing spoon

Ingredients:

- ½ cup bulgur
- 8 ounces asparagus, trimmed, very finely chopped
- 1 cup pomegranate seeds
- ¼ cup finely chopped fresh parsley
- ¼ cup finely diced red onion
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- ½ teaspoon kosher salt
- ½ cup crumbled feta cheese

Directions:

1. Place bulgur in a medium bowl and cover with several inches of cold water. Let soak for 1 hour. Drain. (Alternatively, combine ½ cup bulgur with 1 cup water in a saucepan, bring to a boil and simmer for 12-15 minutes until cooked)
2. Fill a medium bowl with ice water and place by the stove. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket.
3. Place chopped asparagus in the steamer basket and steam until tender-crisp, about 1 minute. Transfer the asparagus to the ice water. Drain.
4. Combine the bulgur, asparagus, pomegranate seeds, parsley, onion, lemon juice, oil, salt, and feta in a large bowl, and mix well.
5. Serve and enjoy!

Nutrition Information (per ¾ cup):
Calories: 193  Fat: 13 g  Carbs: 17 g  Protein: 4 g  Fiber: 3 g  Sodium: 218mg