



Bulgur Salad with Butternut Squash

Yield: 6

1 cup, 2 tbsp	Bulgur Wheat	3 oz	Crumbled Feta Cheese
1-3/4 cup	Boiling Water	1/4 tsp	Kosher Salt
6 tbsp	Julienne Sun-Dried Tomato	2 tbsp	Orange Juice
9 oz	Diced Butternut Squash	2 tbsp	Extra Virgin Olive Oil
1-1/2 tsp	Olive Oil	1/8 tsp	Ground Black Pepper
10 tbsp	Sliced Green Onions	6 cup	Spring Mix Salad
10 tbsp	Chopped Parsley	1/8 tsp	Paprika



Mix Bulgur and sun-dried tomatoes into a bowl; pour boiling water and cover tightly for 15 minutes. Fluff and set aside. Toss diced butternut squash with olive oil and roast in a preheated 350F degree oven until tender, about 15 minutes. Cool and set aside until ready for use.

Mix cooked Bulgur-tomato mix, roasted squash, green onions, parsley, feta cheese, salt, orange juice, olive oil and black pepper. Serve with salad greens and dash of paprika.

Chef's Note: Can substitute Butternut with Acorn or Kabocha squash.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)
209.8	6.6	28.3	9.1	3	12.6	273.3	5.9+