

ARUGULA-BULGUR SALAD WITH SALMON



Thompson
DeLight

Recipes under 450 calories

Ingredients

Servings: 4

- 1 teaspoon plus 1 tablespoon olive oil
- 1 skinless salmon fillet
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 cup bulgur
- 2 cups water
- 4 ounces fresh arugula
- 2 Kirby cucumbers, halved lengthwise and thinly sliced
- 1 cup fresh, flat-leaf parsley leaves
- 1/4 cup torn fresh mint leaves
- 1/2 small red onion, thinly sliced
- 6 tablespoons fresh lemon juice
- Heat 1 teaspoon of the oil in a large nonstick skillet over medium heat. Season the salmon with 1/4 teaspoon each of salt and pepper.
- Cook the salmon until firm throughout, approximately 4 to 6 minutes per side. Transfer to a plate and refrigerate until cool, about 15 minutes.
- In a large bowl, combine the bulgur with 2 cups boiling water. Let stand until tender, about 25 minutes. Drain and return it to the bowl.
- Toss the bulgur with the arugula, cucumbers, parsley, mint, onion, lemon juice, 1 tablespoon of oil, 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Using a fork, flake the salmon into large pieces. Gently fold the salmon into the bulgur mixture.
- Divide the salad among 4 plates and top with fresh parsley. Serve.

