



RECIPE | CUCUMBERS

# CUCUMBER BULGUR SALAD



15 min  
PREP.



4



easy

15 min

0 min  
COOKING

## INGREDIENTS

**10 oz** Pure Flavor® Poco Bites® Cocktail Cucumbers, halved and sliced  
**3** lemons, juiced  
**½** red onion, diced  
**30 oz** can chickpeas, drained and rinsed  
**2 cups** bulgur, cooked and cooled  
**1 cup** fresh parsley, finely chopped  
**¾ cup** pistachios, shelled and chopped  
**⅔ cup** fresh mint, finely chopped  
**½ cup** feta, crumbled  
**½ cup** fresh dill, finely chopped  
Salt and pepper, to taste  
Pistachios, optional, for garnish



## DIRECTIONS

- 1 In a large bowl combine the bulgur, onion, cucumbers, chickpeas, feta.
- 2 Add lemon juice, parsley, mint, dill, pistachios, season with salt and pepper and toss.
- 3 Garnish with additional pistachios for an added crunch.

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