



Chef in the Garden

ABC Salad (Apple, Bulgar, Cabbage)

10/2/09

Makes 6 to 8 servings



Ingredients:

- ½ cup dried Bulgar wheat
- ¾ cup nonfat vanilla yogurt
- ½ tsp salt
- 4 cups coarsely shredded green cabbage
- 1 cup shredded carrots
- ½ cup beets, peeled and shredded
- 2 medium tart red and/or green apples, cored and diced
- ½ cup dried cranberries

Directions:

1. Pour 1 cup of boiling hot water over the bulgur, cover, and let soak for 30-40 minutes. Drain the excess water.

2. In a small bowl stir together the yogurt, vinegar, salt, and pepper.
3. In a large bowl combine the cabbage, carrots, beets, apples, and cranberries.
4. Add the yogurt mixture to the cabbage mixture, and toss to coat.
5. Add the bulgur to the cabbage and mix together well.
6. Cover and chill in the refrigerator 2 to 6 hours before serving. Stir before serving.



United States Department of Agriculture



Chef in the Garden

ABC Salad (Apple, Bulgar, Cabbage)

10/2/09

Makes 6 to 8 servings



Ingredients:

- ½ cup dried Bulgar wheat
- ¾ cup nonfat vanilla yogurt
- ½ tsp salt
- 4 cups coarsely shredded green cabbage
- 1 cup shredded carrots
- ½ cup beets, peeled and shredded
- 2 medium tart red and/or green apples, cored and diced
- ½ cup dried cranberries

Directions:

1. Pour 1 cup of boiling hot water over the bulgur, cover, and let soak for 30-40 minutes. Drain the excess water.
2. In a small bowl stir together the yogurt, vinegar, salt, and pepper.
3. In a large bowl combine the cabbage, carrots, beets, apples, and cranberries.
4. Add the yogurt mixture to the cabbage mixture, and toss to coat.
5. Add the bulgur to the cabbage and mix together well.
6. Cover and chill in the refrigerator 2 to 6 hours before serving. Stir before serving.



United States Department of Agriculture