

# Turkish Bulgur Wheat Salad with Tomatoes and Cucumbers

Yield: 7 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-bulgur-wheat-salad-recipe>

## Ingredients:

- 1 1/2 cups bulgur wheat coarse
- 3 cups water
- 2 tablespoons tomato paste
- 2 tablespoons pomegranate molasses
- 1 lemon + 1 tablespoon fresh lemon juice
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 15 ounces chickpeas drained and rinsed
- 2 cups cucumbers diced
- 2 cups cherry /grape tomatoes, about 1 pint, halved/quartered
- 1/2 cup carrots peeled + chopped, carrot greens reserved if attached
- 1/2 cup carrot greens chopped, OR parsley if carrot greens aren't available
- 5 scallions green parts only, chopped
- 1 tablespoon mint chopped, more if you like mint, I like it super subtle
- 2 teaspoons chili pepper flakes Aleppo
- 3/4 cup slivered almonds toasted
- 4 ounces crumbled feta to top, optional

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 12 grams
6. Protein: 13 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1100 milligrams

9. Sugar: 11 grams

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