

Bulgar Wheat Salad

Ingredients

- 1/2 cup bulgar wheat
- 1 cup water
- Salt
- 1/2 cup mayonnaise
- 3 Tbsp cider vinegar
- 2 Tbsp sugar
- 1/4 tsp liquid pepper
- 1/4 tsp dill weed
- 1/4 tsp Dijon mustard
- 1/2 cup thinly sliced green onion
- 1/2 cup thinly sliced cabbage
- 1/2 cup sliced celery
- 1/2 cup shredded carrots

Instructions

1. Combine bulgar wheat, water, and salt. Bring to a boil, stir, cover and simmer 15 minutes or until liquid is absorbed.
2. Combine mayonnaise, cider vinegar, sugar, liquid pepper, dill weed, and Dijon mustard. Stir into hot cooked wheat.
3. Cover and chill overnight.
4. 1 hour before serving, combine wheat mixture with cabbage, celery, and carrots. Blend well.
5. Season to taste.
6. Spoon into salad bowl, cover and chill.

Serves 4-6.

SALAD

$\frac{1}{2}$ c Bulgur wheat } combine & bring to boil, stir,
1 c. Water } cover & simmer 15-20 min or
Salt } till liquid absorbed

$\frac{1}{2}$ c mayonnaise } combine & stir
3 tbsp cider vinegar } into hot cooked
2 tbsp sugar } wheat, cover,
 $\frac{1}{4}$ tsp each of liquid pepper, } chill overnight
dried weed }
dijon mustard }
 $\frac{1}{2}$ c Thickly sliced green onion } over

1 hr before serving combine wheat
with $\frac{1}{2}$ C thinly sliced $\frac{1}{2}$ C sliced $\frac{1}{2}$ C shredded
Cabbage, Celery, Carrots, Blend well

Season to taste

Spoon into Salad Bowl

cover chill

4-6 Serving.