

Ruby Red Bulgur Beet Salad

2 cups cooked bulgur (cracked wheat) (see instructions in link) [The Joys of Bulgur or Burgul or Cracked Wheat...](#)

1 teaspoon dehydrated onion OR 1 tablespoon finely chopped onion

2 tablespoons finely chopped parsley

1-2 cloves crushed garlic

2 medium cooked beets (I used vacuum packed precooked beets)

1 teaspoon salt (to taste)

2 tablespoons olive oil

2-3 teaspoons lemon juice

Directions:

Prepare the bulgur according to the basic directions in the link provided. Once cooked, set aside to cool. Add the onion, parsley and garlic and stir well or do as I do, don latex gloves and toss by hand. Take the cooked beets and chop into fine cubes. Add to the bulgur. Sprinkle with the salt, olive oil and lemon juice and toss well, tasting to see if you need more salt, oil or lemon juice. Serve as part of a variety of salads, a side dish or you could plate on shredded greens, crumble some feta or bulgarian cheese on top and make it a meal.