Snack

Cucumber Bites with Minted Tomato Bulgur

Tender bulgur tossed with diced tomato, plenty of fresh mint and a tangy lemon dressing makes a bright topping for crisp cucumber slices.



Vegan | Dairy free | Nut free

22 min	120	17 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/3 cup quick-cooking bulgur (dry)
- [ ] 1 cup water
- [ ] 1 cup fresh mint (finely chopped)
- [ ] 1 med roma (plum) tomatoes (diced)
- [ ] 1 tbsp lemon juice
- [ ] 1 1/2 tbsp canola oil
- [ ] 1 tbsp apple cider vinegar
- [ ] 1/4 cup red onion (finely chopped)
- [ ] 1/8 tsp crushed red pepper flakes
- [ ] 1/4 tsp salt
- [ ] 32 slices cucumber(s) (about 1/4-inch thick each, 12 ounces total)

Nutrition Facts

Per serving

Calories	120
Total fat	5 g
Saturated fat	0 g
Sodium	150 mg
Total carbs	17 g
Fiber	3 g
Total sugars	2 g
Protein	3 g

Method

- [ ] 1 Bring the water and quick-cooking bulgur to a boil in a medium saucepan over high heat, then reduce the heat, cover, and simmer for 12 minutes.
- [ ] 2 Meanwhile, stir the finely chopped fresh mint, diced roma tomatoes, lemon juice, canola oil, apple cider vinegar, finely chopped red onion, crushed red pepper flakes, and salt together in a medium bowl.
- [ ] 3 Drain the bulgur in a fine mesh sieve and run it under cold water to cool it quickly, then shake off the excess liquid.
- [ ] 4 Stir the cooled bulgur into the tomato mixture, then spoon the bulgur mixture onto the cucumber slices.

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