

Walnut and Bulgur Wheat Salad with Shrimp

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

3 medium beets, trimmed, washed, not peeled
¾ cup walnuts
1 ⅔ cups water (for bulgur)
1 cup bulgur
1 pound 16/20 shrimp
¼ cup lemon juice
2 tablespoons balsamic vinegar
1 large garlic clove
4 sprigs of mint leaves, more for garnish
4 tablespoons olive oil
Salt and black pepper, to taste
1 medium plum, pitted and chopped
1 large peach, pitted and chopped
4 ounces feta
1 large red onion, cut lengthwise, ½ inch thick

Method of Preparation:

1. Preheat oven to 400 degrees.
2. Preheat grill to medium high heat.
3. Wrap the beets loosely in foil, crimping and sealing the edges so no steam escapes. Set on a baking sheet and roast for 45 minutes, until tender. Remove from oven, cool and peel.
4. In a medium skillet, toast the walnuts over medium high heat until slightly darkened and fragrant.
5. For the bulgur, bring pot of water to a boil medium saucepan over high heat Add bulgur, stir, reduce the heat to low and return to a simmer. Cover and cook on low for 15 minutes. Remove from heat. Fluff with a fork.
6. While bulgur is cooking, season the shrimp with salt and pepper and grill for about two minutes on each side.
7. In a blender, combine the lemon juice, balsamic vinegar, garlic, mint and olive oil. Blend until smooth and taste for seasoning, add salt and pepper if necessary.
8. In a large bowl, toss the cooked bulgur, plum and peach with the dressing. Stir in feta, red onion and toasted walnuts.
9. Garnish with mint and serve.



Nutritional Analysis:

Calories: 552
Carbohydrates: 43 g
Sodium: 527 mg
Protein: 17 g
Fat: 34 g
Fiber: 9 g