



## Bulghur Salad with Summer Veggies

### Bulghur (sounds like a big hairy Viking) Salad with Summer Veggies

You will need:

2-1/2 cups of uncooked coarse bulghur

1/3 cup of olive oil

A cup of chopped onion, a cup of chopped carrots, 1/2 cup of chopped zucchini, 1/2 cup of chopped summer squash, a cup of sliced Japanese eggplant, 2 cups of peeled, seeded, diced tomatoes, a cup of water, and a glass of **Orchard Station Chardonnay**.

You will also need salt and freshly ground white pepper, 1/4 to 1/2 cup of extra-virgin olive oil, 1/4 cup of chopped basil, basil sprigs for garnish, and another glass of **Orchard Station Chardonnay** for you and your friends.

1. Soak the bulghur in warm water for about 20 minutes. Drain it and put it aside while you
2. Heat 1/3 cup of olive oil in a heavy and wide saucepan. Add the onion, carrot, zucchini, yellow squash and eggplant. Sauté for 10 minutes, or less if you like crunchy veggies. Then add the bulghur, tomatoes, and water.
3. Simmer for 10 minutes stirring occasionally and adding additional water if needed to keep the bulghur from sticking. Season with the salt and pepper, and remove from the heat. Let it stand covered for 10 minutes or longer if necessary for tenderness.
4. Cool it to room temperature. Stir in 1/4 to 1/2 cup olive oil and chopped basil. Spoon onto serving plates and garnish with the basil sprigs.
5. Enjoy! By now you will have had 2 glasses of **Orchard Station Chardonnay**, so we know you will.