Bulgur, Carrot, and Pineapple Salad

Makes: 4-6 servings

Ingredients

- 1 ½ cups cooked or canned bulgur
- 2 tablespoons pineapple juice
- 1 ½ cups shredded carrots
- ½ cup drained crushed pineapple
- ½ cup mayonnaise
- ½ teaspoon salt
- lettuce leaves (Boston, romaine, or iceberg lettuce will work)

Directions

1. Combine bulgur and pineapple juice. Chill.
2. Add carrots, crushed pineapple, mayonnaise, and salt to the bulgur and pineapple juice. Mix well and chill.
3. Serve in lettuce cups.

Note: Substitute 2 tablespoons French dressing for the pineapple juice and ¼ cup raisins for the crushed pineapple in the above recipe to make a Bulgur-Carrot-Raisin Salad.

Recipe from: *Bulgur Recipes*, 1961, adapted by the USDA Food and Nutrition Administration.

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