

BRYANNA'S BULGUR SALAD WITH GREEN BEANS, MUSHROOMS AND GRILLED TOFU

Derves 4

This is the new salad-- definitely worth repeating. You could substitute other grains for the bulgur, but I love it's earthy flavor, which melds well with the sautéed mushrooms.

Salad:

1 cup medium (#2) bulgur wheat
1 lb. slim green beans, trimmed and cut in half
10 large mushrooms (I use creminis), sliced
1 cup sliced green onions

Grilled Tofu:

12 ounces extra-firm tofu, cut into 1/2" cubes or strips
2 tablespoons soy sauce (can be low-salt)
1 tablespoon brown sugar or maple syrup
1 teaspoon dark sesame oil
1 teaspoon grated ginger
1 clove garlic, crushed

Dressing:

1/4 cup plain rice vinegar
2 tablespoons oil of choice
2 tablespoons soy sauce
2 tablespoons agave nectar
2 teaspoons grated ginger
1 clove garlic, crushed

Bring the bulgur to a boil with 2 cups of water in a small saucepan. Turn down to low, cover and cook for 10-15 minutes, or until the bulgur is tender and the water all absorbed. Set aside to cool while you prepare the other ingredients.

Plunge the green beans into boiling water and cook for 4 minutes. Immediately drain and plunge into very cold water to stop the cooking. Set aside to drain in a colander.

Sauté the sliced mushrooms in a bit of oil until cooked to your liking. Set aside.

Combine the tofu cubes with the soy sauce, brown sugar, sesame oil, ginger and garlic. Spread the tofu cubes on a rimmed baking sheet with the marinade ingredients and place about 4 inches below the heat source of your oven's broiler. Broil for a few minutes, watching carefully, until the cubes start to brown and stir them around to mix with the remaining sauce. Broil a few minutes longer, until browned to your satisfaction. Remove from the oven and set aside.

Whisk or blend together the Dressing ingredients. Fluff the cooked bulgur with a fork and scoop into a large bowl. Add the drained, cooked green beans, the sautéed mushrooms, tofu cubes and green onions. Mix well. Add the Dressing and toss well. Serve at room temperature.