

## **Bulgur, Dandelion, and Pomegranate Salad**

Serves 4

### **For the salad:**

1 cup bulgur  
2 cups water or vegetable stock  
2 tablespoons vegetable oil  
1 cup butternut squash, diced small  
1 pound dandelion greens, washed and roughly chopped  
Kosher salt and freshly ground black pepper, to taste  
1 tablespoon minced shallot  
2 cloves garlic, smashed  
½ cup lemon vinaigrette (see recipe below)  
¼ cup pomegranate seeds

### **For the vinaigrette:**

1 shallot, minced  
1 tablespoon Dijon mustard  
2 tablespoons honey  
6 tablespoons vegetable oil  
Juice of 2 lemons  
Kosher salt and freshly ground black pepper, to taste

1. Pour the bulgur into a large bowl, and cover with the water or stock. Set aside until doubled in volume, about 15 minutes. Drain off any excess liquid and set aside.
2. In a large saute pan, add the vegetable oil and heat on high. Add the butternut squash and saute until the squash has deepened in color, about 2-3 minutes. Add the shallots and garlic and cook till fragrant. Add the dandelion greens and toss to coat with the oil; season with salt and pepper. Remove from heat and set aside.
3. Make the lemon vinaigrette: whisk to combine the shallots, Dijon and honey in a medium bowl. Adding in a slow steady stream, alternate in adding the oil and lemon juice to the dressing, whisking to combine. Season with salt and pepper.
4. Stir ½ cup lemon vinaigrette into the bulgur. Add the reserved squash and greens, and toss well to combine. Top with the pomegranate seeds, and serve.

*Recipe courtesy of Restaurant Associates Chef William Bednar*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*



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