

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

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