



Lemon Dill Bulgur Salad with Salmon

Description

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This **lemon dill bulgur salad with salmon** is a refreshing healthy and hearty dish. My friend Angela made this salad for a lunch I hosted back in the Spring. It was a nice ladies lunch filled with a smorgasbord of foods perfect for the spring and summer months and a cheerful [spring tablescape](#). My friends Angela, Anne and Kristin who love to cook shared some of their favorite dishes which I've been posting periodically on my blog such as these [asparagus toasts](#), [ham and deviled egg sandwiches](#), [angel macarons](#) and [black bean and mango salsa](#).

I love salmon, but my husband isn't a big fan so I usually order it at restaurants rather than make it at home. If you're a fan of salmon, I think you'll enjoy this salad. If you're not familiar with bulgur, it's a whole grain full of fiber and B vitamins. It's the main ingredient in the Middle Eastern salad tabbouleh and pairs nicely with the salmon. The lemon and dill dressing gives the salmon and bulgur a refreshing and summery taste.

Angela and her husband ate the leftovers the next week for lunch and liked it just as much because the dressing and flavors had time to meld even more in the refrigerator. The original recipe called for pomegranate seeds which weren't in season at the time and in our opinion aren't necessary. Angela felt like she would also adjust the bulgur next time and only use one cup.

This salad is a perfect light summer meal. Add a piece of warm pita bread and cold glass of white wine and toast the summer months. Ah, I can taste it now. I think it's time to host another lunch.

Linking to: [Foodie Fridays](#)

Lemon Dill Bulgur Salad with Salmon

Recipe Type: entree

Author: Angela Carter

Serves: 4

Ingredients

- 3 cups warm water
- 1 1/2 cups bulgur
- 1/4 cups lemon juice
- 2 T. olive oil
- 1 T. snipped fresh dill or 1 tsp dried dill
- 1/2 tsp. salt
- 1 cup coarsely chopped arugula
- 3/4 cups chopped, seeded cucumber
- 1/2 cup thinly sliced green onions (4)
- 1 8-oz fresh skinless salmon fillet
- 1/8 tsp. each salt and black pepper
- 1/4 cup pomegranate seeds (optional)
- 2 T. pine nuts, toasted

Instructions

1. In a large bowl combine the water and bulgar. Cover and let stand for 1 hour; drain.
2. Meanwhile, preheat oven to 450. Line a baking sheet with foil; set aside.

3. In a bowl whisk lemon juice, oil, dill, and 1/2 tsp. salt.
4. Add arugula, cucumber, green onions, and drained bulgur; toss gently to coat.
5. Rinse Salmon; pat dry with paper towels. Place salmon on the baking sheet. sprinkle with the 1/8 tps salt and pepper.
6. Bake for 4 to 6 minutes per 1/2-inch thickness or until salmon flakes with a fork. Remove from oven.
7. Break salmon into large chunks. (make sure the salmon is cooked through, but donâ€™t overbake).
8. To serve, divide bulgur mixture among serving plates. Add salmon to each; toss gently. sprinkle with pomegranate seeds and pine nuts.

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