

Mixed Grain, Cherry, and Snap Pea Salad

Serves 8 (serving size: about 1 cup)

Bulgur, quinoa, and brown rice make for a nutty, wonderfully textured grain base in this salad, though you can omit the bulgur and double the quinoa for a gluten-free version. Extra crunch comes from fresh snap peas and red onion. Fresh cherries take the place of cherry tomatoes here—they burst on the tongue with a similar tart-sweet juiciness. **If making ahead, add the cherries just before serving so their juices don't bleed into the grains.** If you don't have white balsamic vinegar, substitute Champagne vinegar or unseasoned rice wine vinegar.

Ingredients

- 1/2 cup uncooked bulgur, rinsed and drained
- 1/2 cup uncooked quinoa, rinsed and drained
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups fresh sweet cherries, pitted and halved (about 10 oz.)
- 1 1/2 cups sugar snap peas, trimmed and cut into 1/2-in. pieces (about 6 oz.)
- 1/2 cup thinly sliced red onion
- 1/4 cup chopped fresh mint
- 1 (8.8-oz.) pkg. precooked brown rice (such as Uncle Ben's)
- 2 ounces goat cheese, crumbled (about 1/2 cup)

How to Make It

Step 1

Bring 1 cup water to a boil in a small saucepan over medium-high; add bulgur. Reduce heat; cover, and simmer 10 minutes or until liquid is absorbed. Remove pan from heat; let stand 5 minutes. Spoon bulgur onto a parchment paper-lined baking sheet.

Step 2

Bring quinoa and remaining 3/4 cup water to a boil in a small saucepan over medium-high. Reduce heat; cover, and simmer 12 minutes or until liquid is absorbed. Add quinoa to bulgur on baking sheet; cool to room temperature.

Step 3

Combine oil, vinegar, salt, and pepper in a small bowl, stirring with a whisk. Combine bulgur mixture, cherries, snap peas, onion, mint, and rice in a large bowl. Add oil mixture to bulgur mixture; toss. Sprinkle with goat cheese.