

Beet, Pomegranate & Chevre Goat Cheese Salad



Ingredients

- 2/3 cup (100g) medium or coarse bulgur
- 1 pound (400g) beet root, raw, grated
- 100g of Chevre goat cheese
- Seeds of 1/2 large pomegranate
- 3/4 cup (75g) walnuts (activated)
- 1 small bunch of flat-leaf parsley

Pomegranate Dressing

- Juice of 1/2 large pomegranate
- 1/2 garlic clove, crushed to a paste with 1/2 teaspoon of salt
- 6 tablespoons extra-virgin olive oil

Whisk all the ingredients together, season to taste with salt and pepper and set aside.

Method

Put the bulgur in a bowl, add boiling hot water to just below the surface of the wheat and leave it to stand for 10 minutes - 15 minutes until just tender but still quite *al dente*. You can swap bulgur for red or white quinoa if adapting recipe to gluten free

Put all the ingredients in a bowl, pour over the dressing and check the seasoning.

Serve immediately.

Properties

- Low GI
- Rich in protein from wholegrain and goat cheese
- Pomegranates have been seen as a symbol of fertility for generations and research shows pomegranates are a rich sources of antioxidants and as such, increases fertility, fights against the natural aging process and protecting against diseases associated with oxidative stress.