

# *From Your Neighbors' Kitchens*



## The Friends Salad

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Beth Hill



Jenifer Aniston ate this salad every day on set of Friends. Good enough for her. Good enough for us. A ton of flavor and crunch combined with super healthy ingredients make for a great lunch or dinner meal or addition to one.

### Ingredients

- 3.5 cups cooked bulgur wheat  
(I use Seeds of Change Brown Rice + Quinoa)
- 2-3 chopped small cucumber
- 1/2 cup chopped parsley
- 1/2 cup chopped mint
- 1/3 cup chopped red onion
- 1/2 cup chopped pistachios
- 1 (15oz) can chickpeas, drained and rinsed  
(Can also bake in oven or air fry for extra crunch)
- Juice of 1 lemon
- 1/4 cup extra virgin olive oil
- Salt & pepper (to taste)
- 1/2 cup crumbled feta

### Directions

**Mix all the ingredients together in a bowl! Simple.**

#### Notes

This salad serves 4 generously. If planning to make ahead of time, hold off adding the cucumber and pistachios. Those 2 ingredients tend to get mushy.