

# How to Make Jennifer Aniston's *Friends* Salad

## Ingredients

- 3 cups [Bulgur wheat](#), cooked (about 1 cup uncooked)
- 1 cup cucumber, chopped (about 1 English cucumber)
- 1/2 cup red onion, diced (about 1 small onion)
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 1 cup feta, crumbled
- 1 (15-ounce) can chickpeas/garbanzo beans, rinsed and drained
- 1/2 cup pistachios, chopped
- 1/2 cup cooked turkey bacon, chopped (optional)
- 1/4 cup lemon juice, freshly squeezed
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Kosher salt
- 1/2 teaspoon black pepper

**Yield:** serves 6 entree portions (or 10-12 side servings)