

## ***Bulgur, Garbanzo and Tomato Salad***

*Featuring Bulgur*

*Serves 17*

### **Ingredients**

1 cup bulgur wheat  
1 cup boiling water  
1 cup diced plum tomatoes  
1 cup diagonally sliced green onions  
1/2 cup flat-leaf (Italian) parsley, chopped  
1 1/2 tsp. grated lemon rind  
1/4 cup fresh lemon juice  
3 Tbsp. extra-virgin olive oil  
1/2 tsp. salt  
1/8 tsp. hot sauce (Tabasco)  
Dash of pepper  
1 15 oz. can garbanzo beans, rinsed and drained  
3 6" pita rounds, each cut into 4 wedges  
hummus (optional)



*Garbanzo beans are also known as chick peas. They are a good source of fiber, zinc, folate, and protein. Chickpea flour is a versatile gluten free baking and cooking product.*

### **Directions**

1. Combine bulgur and boiling water in large bowl. Cover and let stand 60 minutes.
2. Add tomato and next 9 ingredients (through garbanzo beans) and stir well. Cover and chill. Serve with pita bread and hummus, if desired. This can be an entrée salad or a side salad. Serving size is 1/2 cup.