

CHICKPEA, BULGAR SALAD

Yield: 4 Servings

2 Cups Boiling Water
1 & $\frac{1}{3}$ Cups Uncooked Bulgur Wheat
4 Tbsp Lemon Juice

Combine boiling water, bulgur and lemon juice in a medium bowl. Let mixture stand for 30 minutes.

Add

- 1 15 Oz Can Chickpeas, rinse with water & drain
- $\frac{1}{2}$ Cup Cucumber, chopped
- $\frac{1}{2}$ Cup Celery, chopped
- $\frac{1}{2}$ Cup Red Onion, finely chopped
- $\frac{1}{2}$ Cup Mashed Firm Tofu
- $\frac{1}{3}$ Cup Fresh Mint, chopped (May Use Dill Instead)
- 2 Cups Fresh Tomatoes, Chopped

Toss gently to combine.

Combine $\frac{1}{8}$ Cup Olive Oil, 1 Tsp Salt, 2 Tbsp Lemon Juice, And Dash of Black Pepper (if desired). Whisk with a fork. Drizzle over Bulgur Mixture and toss gently to coat. Cover and Chill.

