



Mediterranean Bulgur Wheat & Chickpea Salad

Makes enough for 10-12 people

1 Cup	Bulgur Wheat
As Needed	Hot Tap Water
19 Oz. Can	Chickpeas, Drained
6 Oz.	Feta, Crumbled
1 Cup	Grape Tomatoes, Halved
½ Each	European Cucumber, ¼" Dice
½ Each	Red Onion, ¼" Dice
½ Cup	Kalamata Olives, Pitted, Halved
½ Bunch	Cilantro, Roughly Chopped
1 Each	Lemon, Zested & Juiced
1 Tbs.	Lemon Infused Olive Oil
¼ Cup	Extra Virgin Olive Oil
To Taste	Kosher Salt
To Taste	Black Pepper

Method:

- Place the bulgur wheat in a bowl, and cover with the hottest water you can get out of your tap
- Allow the bulgur wheat to absorb the water and become soft (about 30 minutes - an hour)...taste the bulgur wheat. If not soft enough, allow more time in the water
- Drain the bulgur wheat well, pushing out additional liquid with your hand
- Combine all ingredients in a bowl and mix well