



## **BULGUR AND CHICKPEA PILAF (PLIGOUROPILAF ME REVITHIA)**

*Bulgur is a classic ingredient from the Greeks of Asia Minor. Enjoy this nutrient packed dish as a side dish or as a filling Lenten dish.*

**Yield:** 4 main dish servings, 1 cup per serving

### **Ingredients:**

- 1 cup **coarse bulgur wheat** (cracked wheat)
- 1 can **chickpeas**, drained and rinsed
- 3 Tablespoons **extra virgin olive oil**
- 2 tablespoons chopped **fresh parsley**
- **salt and pepper** to taste
- strained juice of half a **lemon**
- dash of **hot red pepper flakes** (optional)

### **Instructions:**

1. Place bulgur in a medium pot and cover with water. Bring to a boil, and boil until bulgur is soft, about 15 min. Strain well and place bulgur into a bowl.
2. In a medium-sized serving bowl, combine the bulgur, chick-peas, parsley and olive oil. Season to taste with salt and pepper. Add lemon juice and hot red pepper flakes (if using) and mix well. Serve warm or at room temperature.
3. Alternatively, this dish can be a side dish to any roasted meat or fish.

Adapted from The Greek Vegetarian by Diane Kochilas