

# Bulgur, chickpeas and tomato pilaf

Source of proteins, iron, folic acid and fibres.



## Ingredients

1 cup	Fine bulgur	250 ml
1 cup	Boiling water	250 ml
1 cup	Tomatoes, diced (fresh or canned)	250 ml
1 cup	Green onions, minced	250 ml
½ cup	Parsley, finely chopped	125 ml
1	Lemon, zest and juice	1
3 tablespoons	Olive oil	45 ml
¼ teaspoon	Salt	1 ml
¼ teaspoon	Pepper	1 ml
To taste	Hot sauce, or chili flakes	To taste
19 oz	Chickpeas, canned, drained and rinsed	540 ml



## Preparation

1. Combine bulgur and boiling water in a large bowl. Cover and let sit 10 minutes.
2. Prepare the rest of the ingredients.
3. Add to bulgur and mix well.
4. Cover and refrigerate.
5. Serve with plain yogurt and whole wheat pita bread



## Tips

1. Bulgur can be replaced by whole-wheat couscous.
2. Many vegetables can be used: zucchini, celery, bell pepper, carrots, etc.
3. You can use dried chickpeas that you cooked in advance.
4. You can replace chickpeas by lentils or white beans.
5. You can replace half of the parsley with fresh coriander.

## BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.)
- Grain products and starches (rice, pasta, bread, etc.)
- Meat, milk and their alternatives (fish, legumes, cheese, etc.)



Adapted from: myrecipes.com