

# **Bulgur Wheat Salad with Cucumber, Tomatoes, Garbanzo Beans and Dill**

1/4 c. garbanzo beans, sorted and rinsed  
1/2 c. water  
1/2 c. bulgur wheat 2 c. hot water  
1/2 t. salt  
1/8 t. black pepper  
1 t. olive oil (optional)  
4 large Roma tomatoes (12 oz.), cored and chopped  
2 medium cucumbers (about 16 oz.), peeled and chopped  
1 1/2 T. fresh lemon juice  
1 1/2 t. dried or  
4 1/2 t. fresh dill

Soak garbanzo beans overnight in 1/2 c. water. Cook in a small covered pot until tender; then remove the lid and cook until the beans are almost dry. Drain, saving the cooking water. Soak the bulgur in 2 c. hot water for 40 minutes. Pour the bulgur and water into a towel placed over a colander and then twist the towel around the bulgur to squeeze out the excess water. Place the bulgur in a bowl and break it up with a fork. Stir in all other ingredients, including the bean cooking water. Serves 6-8. Approximately 12 percent of calories from fat.