



Chickpea Tabbouleh

Ingredients

- 1 cup bulgur: 2 cups water
- 1 can chickpeas
- 1 cup frozen peas, thawed
- 1/2 cup fresh parsley
- 1/4 cup mint
- 1/4 cup olive oil
- 2 TBSP lemon juice
- Salt and pepper to taste

Directions:

1. Prepare bulgur according to box instructions
2. Add thawed peas to the same pot; Cover and cook until tender, about 5 minutes
3. Transfer to a large bowl; Add remaining ingredients and mix until well-combined
4. Refrigerate and serve cold
5. Enjoy!

Cookware needed:

- Small pot
- Large bowl

Cost: 

Ease: 

Health Benefit: Chickpeas contain plant-based protein for maintenance of lean body mass and fiber for gut health. Bulgur is a great source of complex carbohydrates for energy. Peas are rich in vitamin A for healthy vision and vitamin K for blood health.