



# Bulgur, Chickpea and Tomato Pilaf

**Preparation Time:** 20 mins  
**Standing Time:** 30 mins  
**Serves:** 4

**Recipe Provided By:** Catherine Labelle, Dt.P.

**Recipe Source:** [NutritionMonth2022.ca](http://NutritionMonth2022.ca)

## Ingredients

Fine bulgur	<b>1 cup (250 mL)</b>
Boiling water	<b>2 cups (500 mL)</b>
Tomatoes, fresh, diced	<b>2 medium</b>
Chickpeas, canned, drained and rinsed*	<b>19 oz (540 mL)</b>
Green onions, minced	<b>1 cup (250 mL)</b>
Parsley, fresh, finely diced	<b>½ cup (125 mL)</b>
Lemon, zest	<b>1 ½ teaspoon (7 mL)</b>
Lemon, juice	<b>¼ cup (60 mL)</b>
Olive oil	<b>3 tablespoons (45 mL)</b>
Salt	<b>as desired</b>
Pepper	<b>as desired</b>
Hot sauce or chili flakes	<b>as desired</b>

\*You can replace chickpeas with canned lentils or white beans

## Directions

1. Combine bulgur and boiling water in a large bowl. Cover and let sit for 10 minutes.
2. In the meantime, prepare the tomatoes, chickpeas, green onions, parsley, lemon juice and zest and combine in a bowl with olive oil, salt, pepper and hot sauce if using. Add the bulgur to the other ingredients and mix well.
3. Cover and refrigerate. Enjoy chilled with whole wheat pita bread and plain yogurt.



### DIETITIAN TIP

**Catherine Labelle Dt.P.** is a dietitian-nutritionist with the Montreal Diet Dispensary in Quebec. She feels privileged to offer nutrition support to pregnant women during a transformative time in their lives.

This recipe can be served as a side or as a meal salad on hot summer days. You can substitute the chickpeas with lentils or white or red beans and use whatever vegetables you have on hand (like carrots, zucchini, and peppers). Bulgur is a whole grain made from wheat. It adds a big dose of fibre to this salad. Since bulgur still contains the wheat germ, it tends to go rancid more quickly, so you can store it in the freezer to ensure it stays fresh for longer. Use it in many recipes as a couscous or rice substitute.

**Interested** in adding more fibre to your diet? A [dietitian](#) can help!