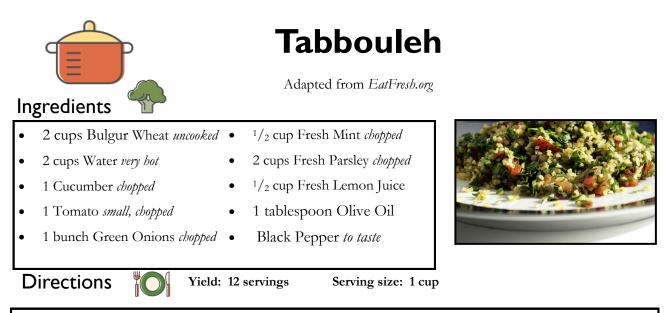


- 2. Combine the rest of the ingredients in a large bowl and mix well. Serve immediately or chill for up to 3 days.
- 3. Serve with whole wheat pita bread or homemade pita chips.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



- 1. Pour hot water over bulgur wheat and allow to stand until water is absorbed, about 30 minutes.
- 2. Combine the rest of the ingredients in a large bowl and mix well. Serve immediately or chill for up to 3 days.
- 3. Serve with whole wheat pita bread or homemade pita chips.

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