

Greek Grains on Tomatoes

Serves 4 - 6

- 1/2 cup bulgur (cracked wheat)
- 1/2 cup boiling water
- 1/2 cup minced mint, parsley or a blend
- 1 green onions chopped
- 1 – 15 ounce can chickpeas drained
- ¼ cup olive oil
- 2 Tablespoons balsamic vinegar
- 1 large garlic cloves minced
- ¼ teaspoon pepper
- 3 heirloom tomatoes cut into ¼ - ½" slices
- ¼ cup crumbled feta cheese

Directions:

1. Place bulgur in a large bowl. Add boiling water and cover. Let stand for 15 minutes.
2. In a large bowl, combine herbs, green onions and chickpeas. Fold in cooked bulgur.
3. In a small bowl whisk together olive oil, balsamic vinegar, garlic and pepper. Add to the chickpea mixture and toss to blend.
4. Place tomato slices on a platter. Spoon chickpea mixture on top of tomatoes. Top with feta cheese and serve.

Recipe courtesy of Chef Christina Dimacali of Clean Your Plate Philadelphia