

Tabbouleh

1 cup bulghur wheat
1 cup boiling water
¼ cup fresh lemon juice
¼ cup olive oil
3½ t. salt
1 cup scallions (1 bunch) white and green parts, small dice
1 cup mint, chopped (1 bunch)
2 cups parsley, chopped (2 bunches)
1 cucumber, peeled, seeded, medium dice
2 cups cherry tomatoes, quartered
1 t. black pepper

1. Combine bulghur wheat and water, add lemon juice, olive oil, and 1½ t. salt. Stir and allow to stand, 15 minutes.
2. Add the rest of the ingredients and mix well. Season to taste. Cover and refrigerate. The salad works best if the flavors are allowed to mix for several hours or overnight. Serve cold or at room temperature.

Tzatziki

3 T. olive oil
1 T. vinegar
2 cloves garlic, minced
½ t. salt
¼ t. pepper
1 cup Greek yogurt, drained through a cheese cloth overnight
1 cup sour cream
2 cucumbers, peeled, seeded, & diced
1 t. fresh dill, chopped

Mix all ingredients until combined. Cover and refrigerate.

Garbanzo Stew

1 cup carrots, chopped
1 cup potatoes, chopped
1 cup chopped onion
½ cup sliced mushrooms
½ cup chopped green pepper
¼ c. oil
2 c. garbanzo beans, drained
2 t. vegetarian chicken-style seasoning
½ t. salt
2 c. water
1 T. cornstarch
4 T. butter, optional

Roast potatoes and carrots tossed in olive oil, salt, and pepper until tender.

Saute onions, mushrooms, and green pepper in oil. Add to potato and carrot mixture. Add seasonings, beans, and the liquid mixed cornstarch to the stew and stir. Add butter, if using, and cook over low heat until thick. Serves about 8.