

RECIPE | PEPPERS

ORGANIC SAFFEH SALAD



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Recipe created by Jenan Zammar

INGREDIENTS

- 1 lb** Pure Flavor® Organic Aurora Bites Mini Sweet Peppers, diced & some cut in half for stuffing
- 3** Pure Flavor® Organic Tomatoes On-the-Vine, diced
- 1 can** organic chickpeas, drained
- ¾ cup** organic olive oil
- ½ cup** boiling water
- ½ cup** organic coarse bulgur (#2), rinsed
- ½ cup** organic lemon juice
- 2 bunches** organic parsley, chopped
- 3** organic green onions, chopped
- 2 tbsp** organic mint
- Salt, to taste



DIRECTIONS

- 1** Soak bulgur in boiling water for 15 minutes to soften. Drain any excess water, then add to a mixing bowl.
- 2** In a small jar, whisk lemon juice, olive oil, mint and salt together. Set aside.
- 3** Add peppers, tomato, parsley, onion, and chickpeas to the bulgur. Pour the dressing over the salad and toss to combine.
- 4** Stuff the pepper halves with the Saffeh salad and serve with the remaining salad.



25 min

20 min | **5 min**
PREP. | COOKING



4-6



easy