**Lemony Bulgur Chickpea Salad**

**Ingredients**

* 3/4 cup dry bulgur wheat (substitute quinoa for a GF version)
* 1 1/2 cups cooked chickpeas (1 can, drained and rinsed)
* 1/4 cup finely chopped red onion (optional)
* 1/3 cup chopped parsley leaves
* 1/4 cup finely chopped mint leaves
* 1 tablespoon lemon zest
* 2-3 tablespoons olive oil (as needed)
* 2 tablespoons lemon juice
* 1/2 teaspoon fine salt
* freshly ground black pepper to taste

**Instructions**

* Cook the bulgur according to package instructions. Allow it to cool to room temperature.
* Place the bulgur, chickpeas, onion, parsley, and mint into a mixing bowl. Add the olive oil (start with two tablespoons, and add a little more if you like), lemon juice and zest, salt, and freshly ground black pepper to taste. Toss ingredients and adjust lemon and salt as needed. Serve at room temperature or cold, over fresh greens or with a vegetable side. Leftovers will keep in an airtight container in the fridge for up to 4 days.



Alright, friends. One thing I learn more and more lately is how to conserve my energy, and how important it is to do that when I can. No extra words tonight—but some coming your way on Friday, and then over the weekend. For now, good night.