

Tzatziki (tsah-zee-kee) Ingredients

- 1 Cup Greek yogurt
- 1 lemon, zested and juiced
- ¼ Cup cucumber, finely chopped
- ½ teaspoon dill, chopped
- ½ teaspoon salt

Tzatziki (tsah-zee-kee) Directions

1. In a medium mixing bowl, combine Greek yogurt, lemon zest and juice, cucumber, dill, and salt.
2. Stir together until well combined.
3. Serve and enjoy!

Chard Wraps Ingredients

- 3 Cups water
- 1 ½ Cup bulgar
- 15 large chard leaves, stems thinly sliced, leaves kept whole
- 15 chives
- 3 cloves garlic, minced
- 4 green onions, sliced
- 2 lemons, juiced
- ¼ Cup olive oil
- 1 Cup herbs (mint, parsley, cilantro), chopped
- ¼ Cup raisins
- 1 teaspoon cumin seed, ground in mortar and pestle
- ½ teaspoon salt
- ¼ teaspoon pepper

Chard Wraps Directions

1. In a small pot over medium heat, bring water to a boil. Reduce heat, add bulgar and let simmer for 15 minutes. Spread bulgar onto a lined sheet pan to let cool.
2. Blanch chard leaves in boiling water for 1 minute and immediately shock them in a ice water bath. Drain leaves on a towel. Thinly slice the stems and keep the leaves whole.
3. Blanch and shock the chives, and set them aside on a towel to dry.
4. In a large mixing bowl, combine bulgar, garlic, green onions, chard stems, lemon juice, olive oil, herbs, raisins, cumin, salt, and pepper. Mix tabbouleh until well combined.
5. Place 2 Tablespoons of the tabbouleh into the center of each chard leaf. Fold the bottom half up and roll the leaf from one side to the other.
6. Tie a chive around the chard wrap.
7. Serve and enjoy!