

CAULIFLOWER CHICKPEA BULGUR WHEAT BAKE

This is a very satisfying and hearty vegetarian casserole. The addition of melted cheese makes it a crowd pleaser.

SERVES 50 ADULTS

INGREDIENTS

16 cups bulgur wheat
21 cups boiling water
2 tablespoons oil
2 teaspoons salt
10 heads cauliflower, cut into florets
5 tablespoons garlic, minced
4 tablespoons basil
4 tablespoons oregano
1 cup oil
2 #10 cans low-sodium chickpeas, drained and rinsed
16 cups low-sodium cheddar or mozzarella, shredded
2 cup grated parmesan cheese

DIRECTIONS

1. Preheat oven to 350°F. Grease 4 hotel pans or 8 half pans
2. Boil water. Put dried bulgur wheat into 2 hotel pans, 8 cups per pan. Add 10 ½ cups hot water to each pan. Divide the oil and salt between the two pans.
3. Cover with clear plastic wrap and foil and put into the oven for 30 minutes. The bulgur wheat should be completely cooked but not mushy!
4. While the bulgur wheat is cooking, toss cauliflower with garlic, basil, oregano, and oil. Roast for 30 minutes. (Alternatively, steam cauliflower florets and toss garlic, basil, oregano and oil).
5. Mix well with cooked bulgur wheat, chickpeas, and shredded cheese (cheddar or mozzarella). Put into hotel pans and top with parmesan cheese.
6. Cover with clear plastic and foil and bake for 20 to 30 minutes. Remove foil and plastic warap and baked 10 minutes or until golden on top.