

## **BULGUR WHEAT SLIDER WITH SPICY TAHINI SAUCE (SESAME)**

*Yields 16 patties*

### **Ingredients**

#### *Patties*

- 1 cup fine bulgur wheat
- 1 cup water
- ½ tsp. salt
- 1 tsp. paprika
- ½ tsp. tumeric
- ½ tsp. cumin
- ¼ tsp. black pepper
- 2 tbs. extra virgin olive oil
- 1/3 cup all purpose flour

#### *Tahini Sauce*

- ½ cup tahini paste
- 2 tbsp. lemon juice
- ½ tsp. salt
- 4 tbsp. water
- 1 tsp. sriracha or hot sauce of your choice

### **Preparation**

#### *Patties*

- In a bowl, soak bulgur in 1 cup of water for 20 minutes until the water is absorbed.
- With your hands, squeeze out remaining water.
- Preheat oven to 375 degrees.
- Add remaining ingredients and mix until well blended.
- Form into 16 small patties and place on sheet tray lined with parchment paper.
- Drizzle with olive oil and bake 30 minutes or until golden brown.

#### *Tahini Sauce*

- In a bowl, whisk together tahini paste, lemon juice and salt.
- Gradually add water, 1 tablespoon at a time. For thinner sauce, add a little more water.
- Add sriracha or hot sauce of your choice

Serve on whole grain bun and garnish with lettuce and tomato.