

5 A Day Bulgur Wheat

From the USDA's SNAP-Ed recipe finder

<http://recipefinder.nal.usda.gov/recipes/5-day-bulgur-wheat>

Ingredients

- 1 onion (medium, chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green pepper (small, chopped – may use red or yellow pepper)
- 1/3 cup fresh parsley (chopped, or 2 Tablespoons dried)
- 1 teaspoon canola oil
- 1 ½ cup bulgur (dry)
- 2 cups chicken broth (low-sodium)
- 8 ounces chickpeas (canned, drained)

Instructions

1. Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley).
2. Heat canola oil in a large skillet. Add onions and cook until soft.
3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil.
4. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

Makes 8 servings

Nutrition information per serving

Calories: 150

Total fat: 1.5 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 135 mg

Total Carbohydrate: 28 g

Dietary fiber: 7 g

Sugars: 3 g

Protein: 6 g