

BULGUR WITH APPLES, CURRANTS AND TOASTED PECANS

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Serve this warm treat for breakfast instead of the traditional oatmeal.

Ingredients

- 1 medium unpeeled apple, minced
- 1/3 cup currants
- 1/8 tsp. cinnamon
- 1 cup dried bulgur, cooked according to package directions
- 1 cup plain or vanilla-flavored soy milk, heated
- ½ cup maple syrup
- 2 Tbsp. finely chopped pecans

Instructions

1. In small bowl, combine apple, currants and cinnamon; set aside.
2. In medium saucepan, prepare bulgur.
3. Spoon bulgur evenly into 4 bowls.
4. Pour warm soy milk evenly over bulgur; drizzle with maple syrup.
5. Spoon apple mixture evenly on top; sprinkle with pecans. Serve immediately.

Makes 4 servings.

Nutritional information per serving (4 servings)

- Calories: 322
- Total fat: 4 g
- Saturated fat < 1g
- Cholesterol: 0 mg
- Sodium: 18mg
- Protein: 7g
- Total Carbohydrates: 69g
- Dietary fiber: 10g

Percent Daily Values are based on a 2,000 calorie diet.



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