



5-A-Day Bulgur Wheat

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

1 medium chopped onion
1 cup chopped broccoli
1 cup shredded carrots
1 small chopped green pepper - may use red or yellow pepper

1/3 cup chopped fresh parsley or 2 Tbsp. dried
1 tsp. canola oil
1 1/2 cups dry bulgur
2 cups chicken broth, low-sodium
8 oz. canned, drained chickpea



Directions:

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.

***Note:** Bulgur comes from wheat. It is actually the kernel of wheat, cracked for cooking. It has a nutty, chewy flavor that is sure to please the healthy appetite, and contains fiber. Canola oil is a healthy choice for vegetable oil.*

Nutrition Facts per Serving: Calories, 150; Calories from fat, 15; Total fat, 1.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 140mg; Total Carbohydrate, 31g; Fiber, 7g; Protein, 6g; Vitamin A, 50%; Vitamin C, 45%; Calcium, 4%; Iron, 8%.

Source: Adapted from: *Choices: Steps Toward Health*, University of Massachusetts Extension Nutrition Education Program



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