

5-A-Day Bulgur Wheat



CHOICES
Steps Toward
Health

Serves 8

1 medium onion, chopped
1 cup fresh broccoli, chopped
1 cup carrots, shredded
1 small green, red, or yellow pepper, chopped
1/3 cup fresh parsley, chopped
or 2 tablespoons dried parsley
1 teaspoon canola oil
1 1/2 cups dry bulgur
2 cups chicken broth, canned, low-sodium
8 ounces (1/2 of a 16-ounce can)
of chickpeas, drained

1. Wash and chop fresh onion, broccoli, carrots, pepper, and parsley (if using fresh parsley)
2. Heat canola oil in 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.

TIPS:

- 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: Serving size: 3/4 cup; Calories: 160; Fruits and Vegetables: 1; Fat: 2 g; Fiber: 7 g



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