



Bulgur Wheat (with Chick Peas & Broccoli)

Ingredients:

- 1 teaspoon olive oil
- 2 cloves garlic, chopped
- 1 medium onion, chopped
- 1½ cups dry bulgur wheat
- 2 cups low-sodium chicken broth
- 1 cup broccoli, chopped
- 1 small green or red bell pepper, chopped
- 1 cup carrots, shredded
- 1 8-ounce can chick peas, drained and rinsed
- ⅓ cup fresh cilantro, chopped

Directions:

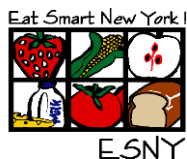
1. Heat olive oil in a large skillet on a medium heat. Add garlic and onions and cook until onions begin to get soft.
2. Add bulgur wheat and stir to coat. Add 2 cups chicken broth to the skillet, and bring to a boil.
3. Lower the heat. Add remaining vegetables and chick peas. Put the lid on the skillet and simmer for 10 minutes or until the liquid is absorbed.
4. Add cilantro and stir. Serve warm or cold.

* Bulgur wheat is the kernel of wheat, cracked for cooking. It has a nutty, chewy flavor and is high in fiber.

Yields about 8 servings

Source: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size ½ cup (173g)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	150	Calories from Fat	15
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	30g		10%
Dietary Fiber	8g		32%
Sugars	3g		
Protein	7g		
Vitamin A	90%	Vitamin C	50%
Calcium	6%	Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
10% calories from fat			



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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