

## What Can You Do with...

# Bulgur?

*Known as “Middle Eastern pasta,” bulgur is essentially whole wheat kernels that have been boiled, dried, and cracked. You can buy different “grinds” which range from #1, the finest, to #5, the coarsest. Bulgur’s delicious, nutty crunch pairs well with numerous foods in an array of dishes. It cooks up easily; simply add 1 cup of bulgur to about 1 ½ to 2 cups of boiling water or vegetable stock, cover, and let it soak for about 20 minutes. At only 76 calories per ½-cup cooked portion, bulgur is a nutrient-rich food, providing 3 grams of protein and 4 grams of fiber per serving. Don’t be afraid to dip into this traditional grain, which can fuel your diet with powerful nutrients and flavor.*

*Here are some easy and tasty ways to add bulgur to your daily meals:*

- 1.** Make a flavorful tabouleh—the classic Middle Eastern salad—by tossing cooked, cooled bulgur with chopped parsley, mint, cucumbers and tomatoes, and a drizzle of olive oil and lemon juice.
- 2.** Stir-fry cooked bulgur with soy sauce, garlic, ginger, matchstick carrots, almonds, and green onions for an Asian-style side-dish.
- 3.** Simmer bulgur with raisins, cinnamon and pistachios to make a wholesome breakfast porridge.
- 4.** Replace cooked pasta with bulgur to accompany marinara, primavera, or puttanesca sauce.
- 5.** Stuff bell peppers or squash with a bulgur filling, which includes cooked bulgur, and sautéed onions, mushrooms, garlic, and herbs.
- 6.** Stir uncooked bulgur into a simmering pot of vegetable bean soup.
- 7.** Top cooked bulgur with an exotic Indian dish, such as a spicy vegetable lentil curry.
- 8.** Create an ancient grain salad of cooked, cooled bulgur, dried cranberries, chopped walnuts, sliced avocado, and sliced celery. Toss with balsamic vinaigrette.
- 9.** Put together a flavorful casserole, combining cooked bulgur, canned chickpeas, marinated artichokes, and sautéed zucchini.
- 10.** Thicken sweetened vanilla soymilk with cornstarch and add cooked bulgur and sliced bananas to make a delicious bulgur banana pudding.

