

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.

