

12 Great Ways to Use...

Bulgur

Bulgur wheat is one of the world's original fast foods. It consists of hulled wheat kernels (also called groats) from any of several wheat varieties (most commonly durum wheat). Because the kernels retain their intact germ, bran, and endosperm, they are whole grains. Bulgur has been precooked and dried, so it only needs to be boiled for about 10 minutes to be ready to eat—about the same time as dry pasta. This makes bulgur an extremely nutritious fast food for quick side dishes, pilafs, or salads.

- 1.** Make tabbouleh! Combine cooked bulgur with chopped tomatoes, cucumbers, onion, lots of parsley, and a bit of mint, lemon juice, and olive oil. Season with salt and eat with pita bread, over salad greens, or alongside fish or chicken.
- 2.** Use bulgur in place of couscous in a variety of dishes. Toss cooked bulgur with toasted, sliced almonds, plumped raisins, a sprinkle of cinnamon, and finely chopped shallots.
- 3.** Swap bulgur for your favorite hot breakfast cereal. Cook bulgur in water or milk, add toppings you enjoy (chopped nuts, fresh or dried fruit), and sweeten to taste.
- 4.** Use bulgur to bulk up soup recipes—the grain adds nuttiness and substance to tomato, chicken, and vegetable soups. You can add cooked bulgur just before serving, or cook it directly in the soup to infuse the grains with even more flavor.
- 5.** Build salads on a base of bulgur for added fiber. In addition to salad greens, add bulgur to the bottom of a salad bowl and top with your favorite fixings. Toss with olive oil and balsamic vinegar or your preferred dressing. Use bulgur in a tuna Niçoise salad, or combined with southwestern ingredients, such as corn, black beans, and pico de gallo.
- 6.** Cook bulgur risotto. Sauté garlic, shallots, and bulgur in olive oil. Add a splash of dry white wine and stir until the liquid is absorbed. Working one ladle-full at a time, add warm broth and stir until the liquid is absorbed. Continue adding broth until the bulgur is tender and a little liquid remains. Add seasoning and parmigiano reggiano cheese to taste.
- 7.** Make bulgur pilaf by cooking the grains in low-sodium broth. Toss with lightly sautéed diced onions and bell peppers. Season with salt and your favorite herbs, and serve topped with grilled fish, beef, or tofu.
- 8.** Create your own version of kibbeh (a kind of Middle Eastern meatball) by making your favorite lamb or beef meatloaf recipe, and swapping out the breadcrumbs for bulgur. You can even swap seasonings for Middle Eastern flavors like cinnamon and allspice.
- 9.** Put an Asian spin on bulgur by combining cooked grains with scallions, ginger, sesame oil, and garlic. Season with soy sauce and serve as a side dish.
- 10.** Add bulgur to your favorite bread, quick bread, or muffin recipes for added texture, fiber, and nuttiness. Thanks to the parboiling step in processing, you can go ahead and add raw bulgur to the dough or batter!
- 11.** Use bulgur pilaf instead of bread stuffing at your next holiday meal. Combine cooked bulgur with stuffing flavors (for example, sautéed onions, mushrooms, celery, and dried cranberries) and serve alongside your roast of choice.
- 12.** For dessert, cook bulgur as you would rice pudding. Add warm, cooked bulgur to a pot with milk, sweetener, and flavorings (vanilla bean and cinnamon are classic), and simmer until the milk reduces and the whole mixture is creamy.



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