

Bulgur



Health Benefits

- Excellent source of fibre and packed with vitamins and minerals
- Supports digestion and gut health, and good for heart health

Storage

Uncooked bulgur should be stored in a cool, dry place. Should be stored in an air-tight container. Cooked bulgur can be stored for 3 to 5 days in the refrigerator.

Preparation

Combine 1 cup of bulgur with 1 1/2 cups of water in a saucepan and a pinch of salt. Bring to a simmer and then cover, lower the heat and continue to gently simmer for about 10 minutes. Turn off the heat and let the bulgur sit for another 10 minutes. Water should be absorbed and grains should be tender.



Bulgur



Middle eastern style bulgur salad

Ingredients:

1 cup bulgur
1 1/2 cups water
1 onion, finely chopped
1 bell pepper, diced
1 cucumber, diced
1 tomato, diced
1 can chickpeas, drained and rinsed
1 tablespoon olive oil
Herbs and spices of choice
Salt and pepper to taste

Directions:

1. Combine the bulgur and water in a saucepan and cook it as mentioned in the preparation section.
2. In a bowl mix all the vegetables and add the bulgur.
3. Season to taste and put as many herbs as you want.
4. Serve cold!

Servings: 4

*Recipe adapted from onceuponachef.com

