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
½ 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

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

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