

## Cornell University Cooperative Extension New York City

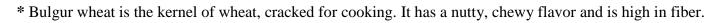
## **Bulgur Wheat with Chick Peas & Broccoli**

## **Ingredients:**

- 1 teaspoon olive oil
- 2 cloves garlic, chopped
- 1 medium onion, chopped
- 1<sup>1</sup>/<sub>2</sub> 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
- <sup>1</sup>/<sub>3</sub> 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.



Yields about 8 servings

Source: Cornell University Cooperative Extension in New York City

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

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<b>Nutrition Fa</b>	icts
servings per container Serving size 1/2 cup (158g)	
Amount per serving Calories	160
% Da	ily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 268mg	6%
*The % Daily Value tells you how much a nut serving of food contributes to a daily diet. 2.0	

serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

