



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
- 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.

Nutrition Facts

servings per container	
Serving size	1/2 cup (158g)
Amount per serving	
Calories	160
% Daily 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%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

* 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



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

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