



5 A Day Bulgur Wheat

Makes: 8 servings

Bulgur is the star whole grain of this simple and colorful salad.

Ingredients

- 1 onion (medium, chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green pepper (small, chopped, - may use red or yellow pepper)
- 1/3 cup fresh parsley (chopped, or 2 Tablespoons dried)
- 1 teaspoon canola oil
- 1 1/2 cups bulgur (dry)

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	135 mg
Total Carbohydrate	28 g
Dietary Fiber	7 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

2 cups chicken broth (low-sodium)

8 ounces chickpeas or garbanzo beans (canned, drained)

Directions

1. Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley).
2. Heat canola oil in a large skillet. Add onions and cook until soft.
3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil.
4. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

Notes

Bulgur comes from wheat. It is actually the kernel of wheat, cracked for cooking. It has a nutty, chewy flavor that is sure to please the healthy appetite, and contains fiber. Canola oil is a healthy choice for vegetable oil.

Learn more about:

- [Onions](#)
- [Broccoli](#)
- [Carrots](#)
- [Bell Peppers](#)

Source: University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health