



Moroccan Bulgur

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LO CAL / LO FAT / LO CHOL / HI FIB

PREP: 10 MIN; COOK: 15 MIN; STAND 20 MIN

4 SERVINGS

Bulgur is whole wheat that has been cooked, dried and broken into coarse fragments. It is a good source of potassium, a nutrient needed for water balance and proper nerve and muscle function.

- 3 cups sliced mushrooms (8 ounces)
- 2 large onions, chopped (2 cups)
- 2 cloves garlic, finely chopped
- 1 package (16 ounces) frozen broccoli, green beans, pearl onions and red bell peppers
- 1 1/2 cups uncooked bulgur
- 1/4 cup currants or raisins

2 teaspoons curry powder

1/2 teaspoon salt

2 cups water

Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook mushrooms, onions and garlic in skillet about 8 minutes, stirring occasionally, until onions are tender.

Stir in remaining ingredients except water. Cook 2 minutes, stirring occasionally. Stir in water. Heat to boiling; remove from heat. Cover and let stand 15 to 20 minutes or until water is absorbed.

1 Serving: Calories 240 (Calories from Fat 10); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 330mg; Carbohydrate 61g (Dietary Fiber 14g); Protein 11g
% Daily Value: Vitamin A 24%; Vitamin C 26%; Calcium 8%; Iron 16%

Diet Exchanges: 2 starch, 3 vegetable, 1 fruit