

Lemon and Mint Bulgour



Bulgur is a whole grain that makes a great substitute for couscous. Being simply cracked wheat, it offers more fiber than couscous. This recipe adds variety to our diet while promoting satiety.

Preparation 20 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 130

Fat 1

Carbohydrates 28

Fibre 5

Protein 5

Sodium 55

Ingredients

- 190 ml ($\frac{3}{4}$ cup) dry bulgur
- 375 ml (1 $\frac{1}{2}$ cups) water
- 1 yellow bell pepper, diced
- 1 red bell pepper, diced
- 2 Italian tomatoes, diced
- 80 ml (? cup) fresh mint, chopped

- Pepper and salt, to taste

Preparation

1. In a sieve, rinse the dry bulgur with tap water.
2. In a saucepan, bring water to a boil over medium high heat. When water begins to boil, add bulgur, reduce heat to low and cover. Cook for about 10-12 minutes or until water is completely absorbed.
3. Cool in the refrigerator in a large bowl. This step can be done in advance. Without the vegetables, the cooked bulgur can be stored in the refrigerator for 5 days.
4. Once the bulgur has cooled, add all the other ingredients to the large bowl and mix.

Notes

Can be kept for 3 days in the refrigerator in an airtight container and does not freeze.



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