

## Warm Bulgur, Eggplant, and Tofu Salad Bowl



*Indulge in the richness of bulgur in this warm salad bowl, a perfect blend of textures and flavors. High in fiber and quick to prepare, bulgur is a nutritious alternative to couscous, offering superior nutritional values. Enhanced with melt-in-your-mouth eggplant and tofu, this recipe is ideal for those looking to maintain a healthy weight, stabilize their blood sugar, or keep cholesterol levels in check. A delicious and healthy dish that will contribute to your well-being.*

Preparation 10 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 350

Fat 12

Carbohydrates 40

Fibre 11

Protein 21

Sodium 360

### **Ingredients**

- 500 ml (2 cups) of low-sodium vegetable broth
- 250 ml (1 cup) of dry bulgur

- 250 ml (1 cup) of cherry tomatoes, cut in halves
- 2 large carrots, sliced into rounds of about 1 cm (½ inch) thick
- 1 clove of garlic, chopped
- 15 ml (1 tbsp) of low-sodium soy sauce
- 450 g (1 lb) of extra firm tofu, cut into cubes of about 2 cm (1 inch)
- 1 green onion, finely sliced

## Preparation

1. In a saucepan, bring the vegetable broth to a boil.
2. Add the bulgur and mix well. Turn off the heat, cover, and let it swell for about 20 minutes.
3. Meanwhile, in a large skillet over medium-high heat, pour the oil and sauté the eggplant, tomatoes, carrots, and garlic for about 5 minutes.
4. Stir in the soy sauce and tofu. Continue cooking for about 10 minutes, or until the tofu is nicely browned, stirring occasionally.
5. Combine the vegetable and tofu mixture with the cooked bulgur. Garnish with green onions to taste at serving time.

## Notes

Keeps for 5 days in the refrigerator, in an airtight container. Can be frozen for up to 3 months.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro  
Registered Dietitian Nutritionist in Quebec City