

Bulgur Recipes

Extra Healthy Breakfast Bulgur

1 Serving

½ cup medium or coarse grind bulgur
1 cup water
¼ tsp cinnamon or allspice
2 tbsp seeds, if desired (I use unsalted sunflower seeds, flax, chia, sesame)
2 tbsp dried fruit (raisins, craisins, diced apples)
2 tbsp maple syrup (I use our home canned peach syrup)
Pinch salt

Add all ingredients together and bring to a slow simmer. Cover the pan and cook until water is absorbed. Fluff with a fork. Add milk and additional sweetener as desired.

Mediterranean Style Bulgur Salad

4-6 Servings

1 cup medium grind bulgur
2 cups water
½ tsp salt

Add ingredients to a small saucepan, bring to a boil and simmer until all water is absorbed. Cool. Fluff with a fork before adding to salad.

1 tsp salt
⅓ cup red onion, diced
¼ cup olive oil
Zest and juice from one large lemon
1 large garlic clove, pressed
1 tsp cumin
1 tsp sugar
1 tsp dried dill weed
½ tsp black pepper

Whisk all ingredients together in a large bowl for the dressing.

1 large red bell pepper, diced
1 12-inch English cucumber, seeded and diced
⅓ cup finely chopped fresh parsley
1 15-oz can chickpeas, drained and rinsed

Add to the dressing along with the cooled bulgur and toss together.

Bulgur with Chicken and Vegetables

4-6 Servings

- 1 lb cooked chicken breast, diced, and set aside
- 2 tbsp olive or avocado oil
- 1 medium onion, chopped
- 1 carrot, peeled and diced
- 1 red bell pepper, diced
- 1 small to medium zucchini, diced
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp cumin
- Salt and pepper to taste
- 1 cup coarse grind bulgur
- 2 cups chicken broth
- 2 tbsp chopped fresh parsley or cilantro for garnish

Heat oil in a large skillet and cook onion and carrot until onion is translucent and carrots are slightly softened. Add garlic and remaining chopped veggies and cook until soft. Add seasonings, bulgur, chicken, and broth and simmer until bulgur is soft and liquid is absorbed. Garnish with parsley for serving.