

# Bulgur with Ginger and Orange

## Ingredients:

- 2 oranges
- 2 tsp. canola oil
- 2 garlic cloves
- 2 tbsp. minced fresh ginger
- 1 cup bulgur
- 2 tsp. brown sugar
- ¼ tsp. salt
- ⅔ cup chopped scallions
- ⅓ cup slivered almonds
- 1 tbsp. reduced sodium soy sauce



## Nutrition Facts

Serving Size 5 oz (140g)  
Servings Per Container 4

Amount Per Serving

**Calories** 260    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 250mg    **10%**

**Total Carbohydrate** 45g    **15%**

Dietary Fiber 10g    **40%**

Sugars 13g

**Protein** 8g

Vitamin A 6%    •    Vitamin C 60%

Calcium 8%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



\*VEGAN



\*GLUTEN-FREE



\*CONTAINS NUTS

## Directions:

1. Zest 1 orange; reserve the zest. Juice both oranges. If necessary, add enough water to juice to measure 1 ½ cups total.
2. Heat oil in a large heavy saucepan over medium-high heat. Add garlic and ginger; cook, stirring, until fragrant, about 30 seconds.
3. Add bulgur and stir to coat. Add the orange juice, brown sugar and salt; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the bulgur is tender and most of the liquid has been absorbed, 15-25 minutes.
4. Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring frequently, until light golden and fragrant, 2-3 minutes.
5. Add scallions, soy sauce and the reserved orange zest to the bulgur; mix gently and fluff with a fork. Serve sprinkled with the almonds.