

Whole Grain Lunch/Dinner Recipe

Rice Cooker

Bulgur Chickpea Salad



| Ingredients: | Approx. Cost* |
|---|----------------------|
| 2 rice-cups bulgur (1½ measuring cups) | \$1.75 |
| 2 -15 oz can chickpeas, drained and rinsed | \$1.98 |
| 2 cans mandarin oranges, drained | \$2.00 |
| 1 bag baby spinach, washed | \$3.29 |
| 1 bunch green onions, chopped | \$1.99 |
| 1 red bell pepper (optional) | \$1.99 |
| Dressing: | |
| ½ cup olive oil | \$1.00 |
| 1/3 cup red wine vinegar, 2 Tablespoons sugar, 2 to 3 dashes Tabasco (or to taste), salt and pepper | \$1.25 ** |
| Total | \$15.25 |

of servings: 12 1-cup servings. **Cost per serving: \$1.27**

*Based on Peapod's on-line pricing .as of 2/09.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Prepare bulgur: add 2 rice-cupfuls dry bulgur to rice cooker and add water to line 2. Cook until button pops. Transfer to large bowl and let cool. Add green onions, chick peas, oranges, spinach, and bell pepper. Whisk together olive oil, vinegar, sugar and Tabasco. Add to salad and toss. Add salt and pepper to taste. A wonderful addition to this salad is a cup of toasted slivered almonds.

| Calories | 284 |
|----------------------|-------------|
| Total Fat | 10 g |
| Saturated Fat | 1.4 g |
| % of daily total | 14 % |
| Carbohydrates | 43 g |
| Protein | 8 g |
| Fiber | 9 g |

| | | % of daily total |
|---------------------------|---|------------------|
| Vit A | 27 | % |
| Vit C: | 61 | % |
| Calcium: | 7 | % |
| Iron | 15 | % |
| Good source of* | <i>Magnesium, Niacin, Thiamin, and Zinc</i> | |
| *(10% or more of the RDA) | | |

based on 2000 calorie diet

