

# Better Me Weekly Recipes

## Bulgur Wheat Salad



### Ingredients

- 4 1/3 ounce Bulgur Wheat
- 2 1/4 cup Water
- 3 Tablespoon + 1 Teaspoon olive oil
- 2 Tablespoon + 1/2 Teaspoon lemon juice
- 1 Teaspoon organic blue agave
- 1 Teaspoon ground cumin seed
- 1/3 teaspoon kosher salt
- 1 1/2 cup garbanzo beans
- 1/2 cup red peppers, minced
- 3 1/4 ounce red onions, julienne
- 1/4 cup flat leaf parsley chopped

### Preparation Instructions

1. Combine bulgur wheat and water. Simmer for 20 minutes or until all the liquid is absorbed.
2. Combine the oil, lemon juice, agave, cumin and salt. Mix well and set aside.
3. Combine the remaining ingredients. Add the oil mixture. Toss to coat.

Serves: 12 - 4 ounce portions

### Nutrition Facts

Serving Size (273g)  
Servings Per Container

Amount Per Serving

**Calories 200**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**    **14%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 260mg**    **11%**

**Total Carbohydrate 26g**    **9%**

Dietary Fiber 6g    **24%**

Sugars 3g

**Protein 5g**

Vitamin A 10%    • Vitamin C 35%

Calcium 4%    • Iron 8%

\*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