



# Mushroom Bulgur Pilaf

SERVING: 1 CUP  
YIELD: 6

PREP TIME: 5 MINS  
TOTAL TIME: 30 MINS

## Ingredients

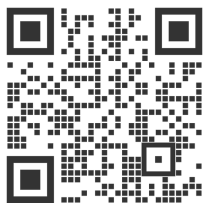
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Yellow Onion, chopped
- 1 pkg (8 oz) Mushrooms, sliced
- 1 tsp Minced Garlic
- 3/4 cup Bulgur Wheat (*purchased from Sprouts*), rinsed
- 1-1/2 cups Water
- 1-1/2 tsp Better Than Bouillon Seasoned Vegetable Base
- 1/4 tsp Black Pepper
- 2 cups packed Fresh Spinach, roughly chopped

## Directions

1. In a medium saucepan or skillet over medium-high heat, sauté onions in oil until they are softened.
2. Add mushrooms and garlic. Sauté until beginning to brown, stirring frequently.
3. Stir in bulgur and continue to stir about 2 minutes.
4. Add water, bouillon, and pepper. Bring to light boil, then reduce heat to low and stir.
5. Cover pan with tightly fitting lid.
6. Cook for 12-15 minutes or until bulgur is tender and liquids are absorbed.
7. Remove from heat.
8. Mix in the spinach and serve.
9. Refrigerate leftovers within 2 hours.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup (0.0g)</b>
Amount Per Serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.4mg	8%
Potassium 290mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

\*Cost information includes lower cost ingredients found at local grocery store 03/02/23.



Cost Per Recipe	Cost Per Serving
\$4.25	\$0.71

## WHOLE GRAINS A to Z



**AMARANTH** (*Amaranthus cruentus*) Amaranth was a staple of Aztec culture, until Cortez decreed that anyone growing the crop would be put to death. Seeds were smuggled to Asia, where local dialects referred to amaranth as “seed sent by God” as a tribute to its taste and sustenance. Amaranth kernels are tiny and resemble brown caviar when cooked. Today amaranth is making its way back, thanks to a lively, peppery taste and a higher level of protein (13.56% ) than most other grains. In South America, it is often sold on the streets, popped like corn. Amaranth has no gluten, so it must be mixed with wheat to make leavened breads. It is popular in cereals, breads, muffins, crackers and pancakes. Health bonus: Amaranth is a source of complete protein; its protein contains lysine, an amino acid missing or negligible in many grains.



**BARLEY** (*Hordum vulgare*) Barley is one of the oldest cultivated grains. Egyptians buried mummies with necklaces of barley, and centuries later Edward I of England standardized the inch as equal to “three barley seeds.” It is a highly-adaptable crop, growing north of the Arctic Circle and as far south as Ethiopia. Barley has a very tough hull, difficult to remove without losing some bran. Pearled barley is not a whole grain (but is still high in fiber). Look for hulled barley or one of the new varieties of hull-less barley starting to be available. Lightly pearled barley is not technically a whole grain (as small amounts of the bran are missing)—but it’s full of fiber and much healthier than a fully-refined grain. Health bonus: Barley foods can reduce the risk of coronary heart disease, in part because of the soluble beta-glucan fiber in barley.



**BUCKWHEAT** (*Fagopyrum esculentum*) Buckwheat goes way beyond the pancake mixes we associate it with. Japan’s soba noodles, Brittany’s crêpes and Russia’s kasha are all made with buckwheat. Botanically, buckwheat is a cousin of rhubarb, not technically a grain at all—and certainly not a kind of wheat. But its nutrients, nutty flavor and appearance have led to its ready adoption into the family of grains. Buckwheat tolerates poor soil, grows well on rocky hillsides and thrives without chemical pesticides. Health bonus: Buckwheat is the only grain known to have high levels of an antioxidant called rutin, and studies show that it may improve circulation and prevents LDL cholesterol from blocking blood vessels.



**BULGUR** (*Triticum ssp.*) When wheat kernels are cleaned, boiled, dried, ground by a mill, then sorted by size, the result is bulgur. It’s often referred to as “Middle Eastern pasta” for its versatility as a base for all sorts of dishes. Bulgur is nearly always made from wheat, but in fact almost any similar grain can be made into bulgur. Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat—about the same time as dry pasta. It is sold in four different particle sizes, and the smaller grinds can be “cooked” in seven minutes by the addition of hot water. This makes bulgur an extremely nutritious fast food for quick side dishes, pilafs or salads. Perhaps bulgur’s best known traditional use is in the minty grain and vegetable salad known as tabbouleh. Health bonus: Bulgur has more fiber than quinoa, oats, millet, buckwheat or corn. Its quick cooking time and mild flavor make it ideal for those new to whole grains.



**CORN** (*Zea mays mays*) Popcorn. Corn cakes. Polenta. Tortillas. Corn muffins. Though sometimes dismissed as a nutrient-poor starch—both a second-rate vegetable and a second-rate grain—whole grain corn is lately being reassessed and viewed as a healthy food. Traditional Latin American cultures learned how to treat corn with alkali, creating masa harina. This treatment liberates the niacin in corn, so those who depend on it for sustenance will avoid pellagra. Eating corn with beans creates a complementary mix of amino acids that raises the protein value to humans. Avoid labels that say “degerminated” when you’re looking for whole-grain corn. Health bonus: Research at Cornell shows corn has among the highest levels of antioxidants of any grain or vegetable—almost twice the antioxidant activity of apples!

### Tips to Eat Whole Grains

- Stash whole grain breakfast cereals, crackers, pretzels, or bagels in your gym bag for a snack that is ready any time you are.
- When making meatloaf or meatballs, add whole wheat bread crumbs or crackers to the meat before cooking. Dip fish or skinless chicken in low-fat milk and then roll in cereal, crushed crackers, or fine bread crumbs before baking.
- Replace a white roll with a whole-wheat roll at dinner.
- Use brown rice in place of white rice.
- Snack on popcorn, low-fat granola made with whole oats, brown rice cakes, and snack mixes made with whole grain cereal. Enjoy polenta, cornbread, and corncakes made with stone ground, whole-cornmeal.
- Go for ½ cup whole grain pasta salad instead of french fries at lunch.
- Try using half whole grain and half all-purpose flour when making cookies or other baked treats. Or add whole grain flour or oatmeal.
- Substitute a whole grain product for a refined product such as:
  - whole wheat bread for white bread
  - whole wheat pasta for regular pasta
  - whole wheat tortillas for flour tortillas
  - whole wheat crackers for saltines
- Use whole grains in mixed dishes such as barley in vegetable soup or stews, and bulgur wheat in casseroles or stir-fries.

### Health Benefits and Nutrients

Whole grains are an important source of several nutrients, including dietary fiber, B vitamins, and minerals.

- **Being active.** Carbohydrates provide endurance and energy during physical activity.
- **Dietary fiber and chronic disease.** Dietary fiber from whole grains may help reduce blood cholesterol levels and lower risk of heart disease, obesity, and type 2 diabetes.
- **Weight management.** Consuming whole grains also may help with weight management because fiber-containing foods help provide a feeling of fullness with fewer calories.
- **B vitamins.** Riboflavin, niacin, and thiamin are B vitamins that help release energy and contribute to vision and skin health. Folate (folic acid), another

B vitamin, helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate amounts of folate to reduce the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

- **Magnesium and selenium.** Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation, and is also important for a healthy immune system.
- **Iron.** Many teenage girls and women in their childbearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron-containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.