



HEALTHY COOKING

BULGUR WHEAT CRANBERRY HOLIDAY STUFFING

Ingredients

1 Tablespoon Extra-Virgin Olive Oil
3 Cups Chopped Onions, (2 Large)
1 Cup Chopped Celery, (2-3 Stalks)
1 Clove Garlic, Minced
1/2 Teaspoon Ground Cinnamon
1/4 Teaspoon Ground Allspice
2 Cups Bulgur, Rinsed
3 Cups Reduced-Sodium Veg Broth
1 Bay Leaf
1/4 Teaspoon Salt, Or To Taste
2/3 Cup Dried Cranberries
1/4 Cup Orange Juice
2/3 Cup Chopped Hazelnuts
(optional)
1/2 Cup Chopped Fresh Parsley
Freshly Ground Pepper, To Taste

Directions

Heat oil in a Dutch oven over medium heat. Add onions and celery; cook, stirring often, until softened, 5 to 8 minutes. Add garlic, cinnamon and allspice; cook, stirring, for 1 minute. Add bulgur and stir for a few seconds. Add broth, bay leaf and salt; bring to a simmer. Reduce heat to low, cover and simmer until the bulgur is tender and liquid has been absorbed, 15 to 20 minutes. Meanwhile, combine dried cranberries and orange juice in a small microwave-safe bowl. Cover with vented plastic wrap and microwave on high for 2 minutes. (Alternatively, bring dried cranberries and orange juice to a simmer in a small saucepan on the stovetop and remove from heat.) Set aside to plump. Toast hazelnuts in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. When the bulgur is ready, discard the bay leaf. Add the cranberries, toasted hazelnuts, parsley and pepper; fluff with a fork.

Serving Size: Serves 4-6

Prep Time: 15min Total Time: 35min

Nutritional Facts: Calories 193 | Carb 28g | Fat 5g | Protein 6g | Sugar 8g | Fiber 10g



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