

Bulgur and Green Peas

INGREDIENTS

- 1/2 cup uncooked bulgur, uncooked barley, **OR** uncooked amaranth
- 1 tablespoon canola, corn, **OR** olive oil
- 1 cup finely chopped onion
- 1/2 cup frozen green peas, thawed, **OR** 1/2 cup no-salt-added canned green peas
- 1 tablespoon plus 2 teaspoons dried mint, dried basil, **OR** dried parsley
- 2 teaspoons grated lemon zest
- 1/8 teaspoon salt



SERVINGS: 4

SERVING SIZE: 1/2 cup

COST PER SERVING: \$1.00

CALORIES

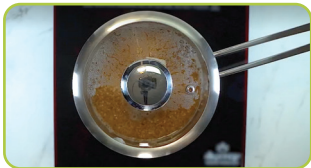
154 Per Serving

PROTEIN

5g Per Serving

FIBER

4g Per Serving



STEP 1: Prepare the bulgur using the package directions, omitting the salt.



STEP 2: Meanwhile, in a medium skillet, heat the oil over medium heat. Cook the onion for 6 minutes, stirring occasionally.



STEP 3: Stir in the peas and bulgur. Cook for 1 minute, or until the mixture is heated, stirring occasionally. Remove from the heat.



STEP 4: Gently stir in the mint, lemon zest, and salt to combine.



ENJOY!