

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Herbed Bulgur with Almonds

Serves 4 (2/3 cup each)

INGREDIENTS:

- 1 1/4 cups water
- 3/4 cup bulgur
- 1/3 cup chopped parsley
- 1/3 cup chopped cilantro
- 2 scallions chopped
- 1/2 cup toasted sliced almonds
- 1 1/2 tsp. orange rind
- 1 1/2 tsp. extra-virgin olive oil
- 1/2 tsp. garlic powder
- Salt & pepper to taste



DIRECTIONS:

- ♥ Bring water and bulgur to boil in a saucepan.
- ♥ Cover and simmer for 12 minutes.
- ♥ Take off heat and Let stand 5 minutes.
- ♥ Stir in parsley and remaining ingredients.

BONUS INFO: 175 calories per serving!!

Compliments of Eat Your Heart Out Edibles

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