



DID YOU KNOW?
Bulgar Wheat is whole wheat that has been precooked (steamed) then dried, then cracked. Bulgar Wheat is a delightful new choice to be served not only as a hot cereal but also in place of rice or potatoes. Add it to pancakes, muffins, soups, salads, breads, casseroles, stuffing or in ground meat as a meat extender.

Our recipes show how easy it is to meet the 6 to 11 daily servings of grain products suggested by the U.S. Dietary Guidelines for Americans! Your only limitation is your own imagination.

ALL NATURAL

BULGUR WHEAT



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NET WT 18 oz. 510 g

I210K

Nutrition Facts
Serving Size 1/4 cup dry (40g)
Servings Per Container about 13

Amount Per Serving (dry)	
Calories 120	Calories from Fat 5
Total Fat .5g	% Daily Value* 1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	20%
Insoluble Fiber 5g	
Soluble Fiber 0g	
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20 g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:
CRACKED BULGUR WHEAT
Produced in a peanut/tree nut free environment.

OUR GUARANTEE
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BULGUR WHEAT HOT CEREAL

1 cup dry Hodgson Mill Bulgur Wheat
2-1/4 cups water

1/2 tsp. salt
1/2 cup raisins (optional)

Combine all ingredients in a saucepan. Bring to a boil. Cover with lid and let simmer approximately 15 minutes. Serves 4.

Add COOKED Bulgur Wheat to other recipes... can be used immediately or refrigerated for future use.

TABOOLI

1-1/2 cups dry Hodgson Mill Bulgur Wheat
1-1/2 cups boiling water
1 bunch green onion

1 green pepper
1 cucumber
3 tomatoes, peeled & seeded
1 bunch parsley

Cover Hodgson Mill Bulgur Wheat with hot water. Soak at least 2 hours. This can be done in the refrigerator. Drain excess water and squeeze reconstituted Bulgur. Chop all vegetables very fine. Mix vegetables with reconstituted Bulgur Wheat.

DRESSING:
1/2 cup vegetable or olive oil; 1/2 cup lemon juice; 1 tsp. salt. Pour over wheat/vegetable mixture and refrigerate. Let stand for 2 hours before serving. This dish keeps very well in the refrigerator.

BULGUR MUFFINS

1 large egg
1 cup milk
3 Tbsp. melted butter or oil
1-1/2 cups white flour
3 Tbsp. sugar

4 tsp. baking powder
1/2 tsp. salt
3/4 cup COOKED Bulgur Wheat
1/2 cup raisins or dates (optional)

Preheat oven to 400°. Line 12 muffin cups with paper liners. Beat egg slightly, stir in milk and melted butter. Sift together flour, sugar, baking powder and salt. Combine with egg/butter mixture; add Bulgur Wheat and raisins/dates (if desired); stir until moistened. Fill muffin cups 2/3 full. Bake 15 minutes. Yield 12 muffins.

BULGUR PILAF

2 Tbsp butter
1 cup UNCOOKED (dry) Bulgur Wheat
1 Tbsp. onion, finely chopped

2 cups chicken broth or bouillon
1/2 tsp. salt
few grains pepper

Melt butter in skillet; add Bulgur Wheat and onion. Stir and cook until golden. Add broth and seasonings. Cover, bring to boil, reduce heat, simmer 15 minutes. Serve with chicken, lamb, pork or other meat. Yield: 4 servings.

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