

FESTIVE BULGUR CASSEROLE

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1/6 of pan)

Nutrition (per serving)

Calories: 254

Total Carbohydrate: 35 g

Total Fat: 7 g

Dietary Fiber: 7 g

Saturated Fat: 3 g

Protein: 11 g

Sodium: 433 mg



Ingredients

- 2 teaspoons canola oil
- 1 Tablespoon minced garlic
- 1 small onion, diced
- 3 cups raw spinach leaves, coarsely chopped
- ½ cup roasted red bell peppers, chopped
- 1 – 14.5 ounce can no salt added diced tomatoes, drained
- 1 ½ cups corn kernels
- ½ cup fresh basil leaves, chopped (0.75 ounce package)
- 1 teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups bulgur cooked (use directions on package)
- Cooking spray
- 1 ½ cups part-skim shredded mozzarella cheese



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Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Coat a large skillet with canola oil and sauté garlic, onion, spinach, red peppers, tomatoes and corn on medium heat, covered for 5 minutes. Add basil and seasonings, stir and remove from heat.
3. Add bulgur to vegetable mixture, stir well and pour evenly into 8 x 10" baking dish coated with cooking spray.
4. Cover with mozzarella cheese and bake for 30 minutes.



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