

Brussels Sprouts, Cranberry, and Bulgur Salad

Try this yummy colorful salad as a dinner side dish or a simple lunch!

Makes: 5 servings

Prep/Cook time: 45 minutes

Source: FoodHero.org

Ingredients

- 1/3 cup dried bulgur
- 1 cup boiling water
- 1/2 pound (2 cups) Brussels Sprouts
- 1/2 cup dried cranberries
- 1/4 cup nuts, chopped
- 1/4 cup orange juice
- 4 1/2 teaspoons oil
- 2 Tablespoons vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water.
2. Rinse and trim Brussels sprouts. Cut in half lengthwise then slice crosswise into thin strips.
3. In a large bowl combine bulgur, Brussels sprout strips, cranberries and nuts.
4. In a small bowl or jar with a lid, combine orange juice, oil, vinegar, salt and pepper. Mix or shake well. Pour dressing over salad and serve.
5. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	170 g
Total Fat:	9 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	130 mg
Total Carbohydrates:	23 g
Dietary Fiber:	5 g
Total Sugars:	10 g
Added Sugars:	3 g
Protein	3 g

Utensils Needed

- Medium pot with lid
- Cutting board
- Sharp knife
- Measuring cups and spoons
- Large bowl
- Small bowl or jar with lid

SHOPPING LIST

Average total cost without oil and seasonings: \$13.26

Average cost/serving: \$2.65

Recipe makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Bulgur Wheat, 24 oz



Add 1 to Cart
Sweetened Dried Cranberries, 5 oz



Add 1 to Cart
Brussels Sprouts, 1/2
pound



Add 1 to Cart
100% Pure Orange Juice, 64 fl
oz



Add 1 to Cart
Sliced Almonds, 10 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Brussels Sprouts

- Choose Brussels Sprouts with bright green heads. Avoid yellowing leaves and black spots, which could indicate fungus.
- Heads should be firm and heavy for their size
- Smaller sized Brussels sprouts tend to be sweeter than larger sprouts

Cooking Tips

- Try using other vegetables that you might have on hand, like broccoli or kale!
- Other grains could also be used, such as barley, quinoa, couscous, etc.