



Delicious!

PREPARATION: 30 MINUTES | SERVINGS: 4

BULGUR POKE BOWL

INGREDIENTS

Bulgur

2 cups cooked bulgur
($\frac{2}{3}$ cup dry)

Curry Sauce

$\frac{1}{4}$ cup canola oil

$\frac{1}{4}$ cup water

$1\frac{1}{2}$ tablespoons apple cider vinegar

1 teaspoon curry powder

1 tablespoon honey

2 teaspoons Dijon mustard

2 teaspoons grated ginger

1 garlic clove, minced

Black pepper, to taste

Veggies and Fruit

2 cups unsalted chickpeas,
rinsed and drained

1 cup snow peas, chopped

1 cup radishes, halved and sliced

1 cup fresh or frozen mango (thawed), diced

1 cup mozzarella cheese (max 20% milk fat), diced

$\frac{1}{4}$ cup dried cranberries

Toppings

$\frac{1}{4}$ cup fresh cilantro (or mint), chopped

$\frac{1}{4}$ cup crushed unsalted peanuts

PREPARATION

- 1** Cook the bulgur according to the package directions and let cool slightly.
- 2** In a small bowl, whisk together all curry sauce ingredients until well combined.
- 3** Prepare four bowls and divide the bulgur evenly among them.
- 4** Divide chickpeas, snow peas, radishes, mango, mozzarella, and dried cranberries evenly among the four bowls.
- 5** Drizzle with the curry sauce, then sprinkle with mint (or cilantro) and crushed peanuts before serving.



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

2 Meat + 3 Starch + 1 Lower-Potassium Fruit+ 3 Fat

Calories	512 kcal
Protein	19 g
Total Carbohydrate	60 g
Fiber	11 g
Sugars	23 g
Fat	24 g
Saturated	5 g
Cholesterol	23 mg
Sodium	228 mg
Potassium	486 mg
Phosphorus	326 mg
Calcium	301 mg

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

PHOSPHORUS CHECK ✓

Bulgur — a hidden gem of the grain world

Bulgur is a whole grain that doesn't get a lot of attention, but it is a very healthy option. It is a nutritional powerhouse, packed with fiber, vitamins, and minerals. It is also a higher-protein grain and a good way to get more plant-based protein in your diet. One cup of cooked bulgur contains 6 grams of protein.

Bulgur is also a very good source of fiber, with 8 grams per cup. This is much higher than other grains such as rice or couscous and helps you move toward your recommended daily fiber intake. Most of the fiber in bulgur is insoluble fiber, which promotes regular bowel movements and supports gut health. Eating enough fiber also helps protect against heart disease and cancer and can help control blood glucose if you have diabetes.

Bulgur is a quick-cooking whole grain made from cracked wheat. It is available in fine, medium, coarse, and extra-coarse varieties. The finer grinds work well in salads such as tabbouleh, and the coarser grinds are perfect for grain bowls, soups, pilafs, and stuffing. Bulgur is sold in most major grocery stores and is typically found in the natural foods aisle.

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