

In Honor of Heart Health Month

Heart Health Recipe

The vitamin C from lemon juice aids iron absorption. Round out the meal with grilled chicken, lemony hummus, and toasted 100 percent whole-wheat pita wedges. Substitute fresh shelled fava beans for edamame, if you like. Fava beans also supply protein, fiber, and B vitamins.

Yield: 6 servings (serving size: 1 1/4 cups)

Ingredients

- 1 cup uncooked bulgur
- 1 cup boiling water
- 1 cup frozen shelled edamame (green soybeans)
- 1 pound red tomatoes, chopped
- 1 cup finely chopped fresh flat-leaf parsley
- 1/3 cup finely chopped fresh mint
- 2 tablespoons chopped fresh dill
- 1 cup chopped green onions
- 1/4 cup fresh lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon freshly ground black pepper

Preparation

1. Combine bulgur and 1 cup boiling water in a large bowl. Cover and let stand 1 hour or until bulgur is tender.
2. Cook edamame in boiling water 3 minutes or until crisp-tender. Drain. Add edamame, tomatoes, and remaining ingredients to bulgur; toss well. Let stand at room temperature 1 hour before serving.

Nutritional Information

Calories: 208

Fat: 10.5g (sat 1.3g, mono 6.7g, poly 1.2g)

Protein: 6.3g

Carbohydrate: 25.4g

Fiber: 7.1g

Cholesterol: 0.0mg

Iron: 2.2mg

Calcium: 59mg

