Breakfast Bulgur Porridge
Makes 2 servings

1 cup nonfat or 1% milk
1/2 cup medium-grind bulgur
1/4 teaspoon salt (optional)
1 cup water

1. In a medium saucepan combine milk, bulgur, salt (if using) and 1 cup water.
2. Bring to a boil.
3. Reduce heat to medium and simmer, stirring occasionally, until bulgur is tender (about 10-15 minutes) and mixture is the consistency of oatmeal.

Serving options:
Top with nonfat or 1% milk and/or low fat yogurt.
Top with fruit such as strawberries or blueberries.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Amount/Serving</th>
<th>%DV*</th>
<th>Amount/Serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serve size 1/2 recipe (158g)</td>
<td>Total Fat 5g</td>
<td>1%</td>
<td>Total Carb. 13g</td>
<td>11%</td>
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<tr>
<td>Serves 2</td>
<td>Salt Fat 0g</td>
<td>1%</td>
<td>Fiber 5g</td>
<td>25%</td>
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<tr>
<td>Calories 160</td>
<td>Trans Fat 0g</td>
<td></td>
<td>Sugars 6g</td>
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<tr>
<td>Fat Cal. 5</td>
<td>Cholesterol less than 5mg</td>
<td>1%</td>
<td>Protein 8g</td>
<td></td>
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</tbody>
</table>
| * Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Recipe adapted from marthastewart.com

WIC Cooks!
This material was funded, in part, by USDA’s Basic Food Program through Public Health—Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689.
This institution is an equal opportunity provider and employer.
Kids can help by:

- Gathering ingredients and supplies
- Helping to pour ingredients in pan
- Helping to stir bulgur
- Helping to set table
- Helping with clean up

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