



# Kale and Bulgur Medley

4 Servings • 1 Serving = 1 Cup

## INGREDIENTS

- 1 cup water
- ½ cup bulgur
- ½ cup dried sour cherries
- 2 Tablespoons extra virgin olive oil, divided
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1 small bunch kale, destemmed and chopped
- ½ teaspoon salt
- Freshly ground black pepper, to taste
- 1 handful of fresh mint, chopped
- 1 handful of fresh dill, chopped
- Juice of 1 lemon
- ½ cup goat cheese, grated or crumbled

## DIRECTIONS

1. Boil water. Place the bulgur and dried sour cherries into a large heatproof bowl. Add the boiling water, cover the bowl with saran wrap, and let sit for 10 minutes or until softened.
2. Meanwhile, heat 1 Tablespoon of oil in a large skillet over medium heat. Add coriander and cumin seeds and toast until fragrant, about 30 seconds. Add the kale and cook until softened, stirring often, for about 5 minutes. Season with salt and pepper.
3. Once the bulgur is softened, drain to remove any excess water. Add the cooked kale to the bulgur and stir well. Let cool for a few minutes.
4. While the bulgur cools, pick the leaves from the stem of mint. Chop the mint leaves and dill gently. Add the remaining olive oil and lemon juice to the bulgur and stir well. Stir in the mint and dill. Adjust seasoning, as needed.
5. Top with cheese.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>15%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
<b>Dietary Fiber</b> 4g	<b>14%</b>
<b>Total Sugars</b> 12g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 6g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 67mg	<b>6%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 197mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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