

Whole Grain Lunch/Dinner Recipe

Rice Cooker

White Bean, Orange and Jicama Salad With Bulgur



Ingredients:	Approx. Cost*
1 - 15 oz can white beans, drained and rinsed	\$1.49
1 large navel orange, peeled and chopped	\$.79
2 cups jicama, peeled and cut into small cubes	\$1.00
¼ cup roasted pumpkin seeds	\$1.59
1 rice-cooker cup dry bulgur	\$.56
½ cup green onions, chopped	.35
Juice of 3 limes	\$1.17
¼ cup olive oil	.25**
¼ teaspoon chili powder, ¼ teaspoon sugar, dash of Tabasco	.75**
Total:	\$7.95

of servings: 6 servings. **Cost per serving: \$1.32**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Rinse bulgur. Add bulgur to rice cooker and 2 rice cooker-cups water. Press down “on” button. Button will “click” up to “warm” position when bulgur is done. Unplug cooker. Put beans, orange, jicama, pumpkin seeds and green onion in mixing bowl. Add bulgur and toss to combine. Whisk together lime juice, olive oil, chili powder, sugar and Tabasco and pour over salad. Toss again. Add salt and pepper to taste. Serve.

Nutritional Information per serving

Calories	292
Total Fat	13 g
Saturated Fat	2 g
% of daily total	10 %
Carbohydrates	35 g
Protein	11 g
Fiber	9 g

based on 2000 calorie diet

		% of daily total
Vit A	3	%
Vit C:	35	%
Calcium:	8	%
Iron	60	%
Good source of*	<i>Magnesium, Potassium, Zinc, Thiamin, Vitamin E, Folate</i>	
*(10% or more of the RDA)		

