

Red Pepper Cracked Wheat

Serves 2

1 cup water or low sodium broth

1 teaspoon olive oil

3/4 cup cracked wheat or bulgur (like brown rice, but lighter)

1 small red pepper diced fine

Directions:

1. In a small sauce pan, bring water and olive oil to a boil.
2. Add cracked wheat. Cover with lid and turn heat off. Let stand for 15 minutes.
3. Uncover and fluff the grains with a fork. Mix in red pepper and serve.

**You can exchange red pepper for minced red onion, mint, parsley or firm diced cucumber.*