



Bulgur stuffing with cranberries and hazelnuts

Shine 365
Marshfield Clinic

PREP TIME: 40 minutes • **SERVINGS:** 10, ¾ cup each

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onions, (2 large)
- 1 cup chopped celery, (2-3 stalks)
- 1 clove garlic, minced
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- 2 cups bulgur, rinsed (see ingredient note)
- 3 cups reduced-sodium chicken broth
- 1 bay leaf
- ¼ teaspoon salt, or to taste
- ⅔ cup dried cranberries
- ¼ cup orange juice
- ⅔ cup chopped hazelnuts, (2 ounces)
- ½ cup chopped fresh parsley
- Freshly ground pepper, to taste

INGREDIENT NOTE

Fiber-rich bulgur is made from whole-wheat kernels that are precooked, dried and cracked. Find it in health-food stores and some large supermarkets in the natural foods section.

Find more recipes at shine365.marshfieldclinic.org

INSTRUCTIONS

Heat oil in a Dutch oven over medium heat. Add onions and celery; cook, stirring often, until softened, 5 to 8 minutes.

Add garlic, cinnamon and allspice; cook, stirring, for 1 minute. Add bulgur and stir for a few seconds. Add broth, bay leaf and salt; bring to a simmer. Reduce heat to low, cover and simmer until the bulgur is tender and liquid has been absorbed, 15 to 20 minutes.

Meanwhile, combine dried cranberries and orange juice in a small microwave-safe bowl. Cover with vented plastic wrap and microwave on high for 2 minutes. Set aside to plump.

Toast hazelnuts in a small dry skillet over medium-low heat, stirring continuously, until light golden and fragrant, about 2 to 3 minutes. When the bulgur is ready, discard the bay leaf. Add the cranberries, toasted hazelnuts, parsley and pepper; fluff with a fork.

MAKE-AHEAD TIP

The stuffing will keep, covered, in the fridge for up to 2 days. To reheat, place in a baking dish and add ½ cup water. Cover and microwave on high for 10 to 15 minutes. Alternatively, bake at 350 degrees for 25 to 30 minutes.

NUTRITION INFORMATION

Each serving contains about 210 calories; 7 g fat (1 g sat)
34 g carbohydrates; 6 g protein; 7 g fiber; 114 mg sodium
Source: eatingwell.com