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Bulgur with Ginger & Orange

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Ingredients

- ◆ 2 medium orange(s)
- ◆ 2 teaspoon oil, canola
- ◆ 2 clove(s) garlic, minced
- ◆ 2 tablespoon ginger root, minced
- ◆ 1 cup(s) bulgur, rinsed
- ◆ 2 teaspoon sugar, brown
- ◆ 1/4 teaspoon salt, or to taste
- ◆ 1/3 cup(s) nuts, almonds, slivers
- ◆ 2/3 cup(s) scallion(s) (green onions), chopped
- ◆ 1 tablespoon soy sauce, reduced-sodium

Preparation

1. Zest 1 orange; reserve the zest. Juice both oranges. If necessary, add enough water to the juice to measure 1 1/2 cups total.
2. Heat oil in a large heavy saucepan over medium-high heat. Add garlic and ginger; cook, stirring, until fragrant, about 30 seconds. Add bulgur and stir to coat. Add the orange juice, brown sugar and salt; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the bulgur is tender and most of the liquid has been absorbed, 15 to 25 minutes.
3. Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring frequently, until light golden and fragrant, 2 to 3 minutes.
4. Add scallions, soy sauce and the reserved orange zest to the bulgur; mix gently and fluff with a fork. Serve sprinkled with the almonds.

Note: This simple side dish is perfect with beef, lamb, or poultry. For variations, substitute toasted sesame seeds for the almonds, or carrot juice for orange juice.