

Saffron Bulgur Pilaf with Early Fall Vegetables

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/bulgar-wheat-turkish-recipe>

Ingredients:

- 1 cup bulgur
- 1 cup vegetable broth
- 1 pinch saffron
- 2 tablespoons almonds
- 1 red bell pepper
- 1 onion
- 1 pattypan squash
- 1 bunch Swiss chard
- 2 ounces ricotta salata cheese
- 2 tablespoons currants
- 1 lemon

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 12 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Saffron Bulgur Pilaf with Early Fall Vegetables above. You can see more 16 bulgar wheat turkish recipe Deliciousness awaits you! to get more great cooking ideas.