

**Bulgur (Cracked Wheat)**

**1 cup of bulgur**

**1 cup of hot water**

**1 tsp. sea salt**

**Put the bulgur, water and salt in a bowl. Cover with saran wrap or a tight-fitting lid and let stand for 30 minutes. Use a fork to fluff it up. You can use bulgur for a salad, added to soup, fried with veggies like fried rice, combined with beans for a bean burger or for tabbouleh.**