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Bulgur Wheat Jar with Eggs and Salsa

This vibrant, fiber-packed lunch is a great choice for a healthy heart and digestive system. And the whole-grain bulgur wheat helps keep hunger pangs at bay.

The Brain/Vision/Hearing & Balance/Oral Health/Immunity/Bones & Muscle/Skin & Sensation/
The Lungs/Heart & Blood/Gut Health/Urinary Health/Men & Women

Serves 2

Ingredients

4 ½ oz (125g) bulgur wheat
3 eggs, hard-boiled
1 ¾ oz (50g) arugula leaves
3 tbsp (30g) pumpkin seeds

For the salsa

2 large vine-ripened tomatoes
1oz (30g) large green olives, pitted
1 mild red chili
1 small garlic clove
handful of basil leaves
2 tbsp olive oil, canola oil, or other mild oil
freshly ground black pepper

1. Put the bulgur wheat in a small pan with 2 cups (500ml) water. Place the pan on medium heat and bring the water to a boil. Stir and let the water simmer for 8-10 minutes until the bulgur wheat is soft. If the water has not all been absorbed, drain off the excess and set the grains aside to cool.
2. Make the tomato salsa while the bulgur wheat is cooking. Chop the tomatoes into ¼ in (5mm) pieces, roughly chop the olives, finely dice the red chili, and lightly crush the garlic clove, placing everything into a small bowl. Shred the basil (both the stalks and the leaves) and stir it into the salsa with the oil and some freshly ground black pepper. Leave to sit for a few minutes.
3. Peel the hard-boiled eggs, then chop and set aside. Roughly shred the arugula leaves.
4. To assemble, divide the cooked bulgur wheat between two jars or bowls. Add a layer of shredded arugula, then spoon over the chunky tomato salsa (remove the garlic clove). Finish with the chopped eggs, a sprinkle of pumpkin seeds, and some black pepper.

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NUTRITION PER SERVING Calories **551** Total fat **28.3g** Saturated fat **5.2g** Cholesterol **275mg**
Carbohydrates **54.5g** Dietary fiber **7.3g** Sugars **4.1g** Protein **22.9g** Sodium 331mg

Smart Swaps:

- Replace the hard-boiled eggs with a can of **crabmeat** and you'll get a boost of omega-3 fats, as well as three times more zinc, which boosts the immune system.
- Swap the chili for chopped **scallion** if you prefer your lunch with less heat.
- Use barley instead of bulgur wheat for a boost of soluble fiber—great news if you want to lower cholesterol and keep blood sugar levels steady.

Nutrient Know-How:

With its combination of carbs and protein, this lunch also makes the perfect postworkout meal. The carbs replenish glucose supplies, and the protein aids muscle recovery and growth.

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