



Celebrate National Nutrition Month at the Y!

We are dedicated to helping our members achieve the healthy lifestyles they desire. One component of that healthy lifestyle is diet. We are excited to share with you the most recent scientifically-based recommendations from the top nutrition scientists around the world on the healthiest eating style to follow, the PLANT-FORWARD pattern.

PLANT-FORWARD is defined as follows: A style of cooking and eating that emphasizes and celebrates, but is not limited to, plant-based foods – including fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices – and that reflects evidence-based principles of health and sustainability.

To help you move “PLANT-FORWARD” we’ll be providing you with nutrition tips and recipes throughout the month. We hope that this will inspire you to seek out other similar recipes, or even create your own!

TABBOULEH STUFFED PEPPERS

INGREDIENTS

- 1 cup bulgur
- 1 cup hot water
- ¼ cup olive oil
- 3 tablespoons fresh lemon juice
- 2/3 cup fresh parsley, chopped
- ¼ cup fresh mint, chopped (or 2 tablespoons dried)
- 1 clove garlic, minced
- ½ teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon hot sauce (or more if you like)
- 1 pound fresh sweet mini peppers

DIRECTIONS

- 1 Place bulgur in a 4 cup bowl and pour water over top; cover bowl and let stand for about an hour.
- 2 Whisk together olive oil, lemon juice, garlic, salt, coriander, cumin, parsley, mint and hot sauce; pour over bulgur.
- 3 Rinse peppers, cut in half lengthwise and remove seeds and stems. Fill pepper halves with tabbouleh.
- 4 These can be made a day ahead, covered and chilled.



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