

Spanish Bulgur with Spinach and Black Bean Salsa

Freshly dressed spinach serves as the bed for this one-plate meal. The plate features bulgur seasoned with Latin spices and topped with a black bean/seared corn salsa. The servings are topped with shredded sharp cheddar cheese.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on the countertop before you start cooking. Making good meals is easier when you're organized. Prep a total of 1 C. chopped onion: 1/2 C. finely-chopped in the Spanish Bulgur and 1/2 C. coarsely chopped in the Black Bean Salsa. Prep 3 cloves chopped garlic. 1 clove in the Spanish Bulgur and 2 in the Black Bean Salsa.

Spanish Bulgur

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/2 C. sweet onion (finely chopped)
1/2 C. white wine

2 C. low-sodium vegetable broth
1/2 tsp. ground cumin
1-1/2 T. chili powder
2 T. balsamic vinegar
1 T. molasses or sorghum
a pinch of salt
1 C. dry bulgur

Dressed Spinach and Garnish

3 C. baby spinach leaves (washed and dried)
2 tsp. olive oil
1 tsp. balsamic vinegar
2 T. low-sodium vegetable broth

Garnish:
1/4 C. grated sharp cheddar cheese
2 kiwis (halved)

Black Bean Salsa

Quick, Low-sodium Tomato Salsa:

2 cloves garlic (smashed and chopped)
1 Anaheim pepper (seeded and chopped)
1 Jalapeño pepper (seeded and chopped)
1/4 C. fresh cilantro (chopped)
1/2 C. yellow onion (coarsely chopped)
juice from 1 lime
1/4 tsp. salt

one 15 oz. can no-salt tomatoes

Black Bean Salsa:

1 tsp. olive oil
2/3 C. frozen corn

one 15 oz. can black beans (drained and rinsed)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

This is a very simple meal to assemble. Once the Spanish Bulgur is cooking you can pull the rest of the meal together. I often take time to remove the long stems from the spinach.

Spanish Bulgur

Place oil in bottom of medium saucepan. Add garlic and onion and sauté 1 minute. Add wine and boil until wine is nearly gone.

Add broth, spices, vinegar, molasses and salt. Return to boil and stir in bulgur. Cover and cook 5-minutes over medium-low heat. Turn off burner. Let stand until ready to dine.

Black Bean Salsa

Quick, Low-sodium Tomato Salsa:

Place all prepped ingredients in a medium-sized bowl and stir well. Let stand.

or

Use a food processor and blend all items (except canned tomatoes) until well chopped.

Add diced tomatoes and pulse a few times.

Black Bean Salsa:

1. Measure 1-1/2 C. Quick, Low-sodium Tomato Salsa into a medium-sized bowl.
2. Heat oil in a small sauté pan. Toss frozen corn in hot oil until it begins to brown. Add corn to bowl with salsa.
3. Stir drained black beans into the salsa and corn mixture. Set aside.

Dressed Spinach:

Dressed Spinach/ Plate the Meal / Garnish

Measure washed spinach into a medium-sized bowl. Mix olive oil, balsamic vinegar and veggie broth together and toss with spinach.

Plate the meal:

Divide spinach between two serving plates. Ladle 1 C. Spanish Bulgur over spinach on each plate. Top each mound of bulgur with 1 C. black bean salsa.

Garnish:

Each serving is garnished with 2 T. shredded cheddar cheese with halved kiwis served alongside.

What I've Learned from this Recipe

When serving kiwis with a meal, I prefer them halved. For presentation purposes, place one half face down and one face up. Allow diners to spoon the flesh from the kiwi halves.

Let us know what you think, and any ask questions you may have! chezdon@plate6.com