



WHATSheATE

Cooking

UNFORGETTABLE
RECIPES FROM
SUSAN SPICER'S
NEW ORLEANS



Cracked Wheat Salad with Green Olives and Golden Raisins



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups bulgur
- ☐ 0.8 cup celery hearts thinly sliced
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.5 cup golden raisins roughly chopped

- ☐ 0.5 cup olives green pitted roughly chopped
- ☐ 6 juice of lemon
- ☐ 0.7 juice of orange
- ☐ 1 tablespoon kosher salt
- ☐ 4 lemon zest finely grated (2 tablespoons plus 2 teaspoons)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 tablespoons orange zest grated
- ☐ 6 servings salt
- ☐ 0.5 cup wheat berries

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

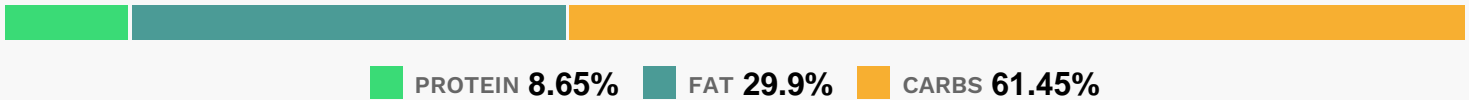
Directions

- ☐ Place the wheat berries, a sprinkling of salt, and enough water to cover them by 2 inches in a 2-quart saucepan. Bring to a boil, reduce the heat, and simmer until the wheat berries are tender but not mushy, about 45 minutes.
- ☐ Drain and set aside. Meanwhile, place the bulgur in a large bowl and cover with 1 1/2 cups of steaming hot water.
- ☐ Let it sit about 15 minutes, stirring occasionally, until the water is absorbed and the bulgur is soft. (I always taste it; the bulgur shouldn't have any crunch or hard edges.)
- ☐ Add the cooked wheat berries to the bulgur.
- ☐ Whisk together the citrus zests, juices, olive oil, kosher salt, and crushed red pepper in a small bowl.
- ☐ Add the dressing to the grains and toss well.
- ☐ Add the parsley, mint, cilantro, olives, raisins, and celery hearts, and use a rubber spatula to combine enough to moisten all ingredients. Taste again for seasonings, adding additional salt,

citrus juice, or olive oil as needed.

- ☐ I always chop golden raisins. I like the taste, but it's a quirk of mine that I don't like to bite into a whole raisin. By all means leave them whole if you like. If you're not a cilantro lover, leave it out or substitute some fresh basil.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Crescent City Cooking by Susan Spicer and Paula Disbrowe. Copyright (c) 2007 by Susan Spicer and Paula Disbrowe. Published by Knopf.Susan Spicer was born in Key West, Florida, and lived in Holland until the age of seven, when her family moved to New Orleans. She has lived there ever since, and is the owner of two restaurants, Bayona and Herbsaint. This is her first cookbook.Paula Disbrowe was the former Cowgirl Chef at Hart & Hind Fitness Ranch in Rio Frio, Texas. Prior to that, she spent ten years working as a food and travel writer. Her work has appeared in The New York Times, Food & Wine, and Saveur, among other major publications.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:15.07, Inflammation Score:-6, Nutrition Score:14.04565217184%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 5.31mg, Hesperetin: 5.31mg, Hesperetin: 5.31mg, Hesperetin: 5.31mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 4.77mg, Apigenin: 4.77mg, Apigenin: 4.77mg, Apigenin: 4.77mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 327.13kcal (16.36%), Fat: 11.61g (17.86%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 53.69g (17.9%), Net Carbohydrates: 42.79g (15.56%), Sugar: 9.04g (10.04%), Cholesterol: 0mg (0%), Sodium: 1554.87mg (67.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Manganese: 1.15mg (57.56%), Fiber: 10.9g (43.58%), Vitamin K: 43.76µg (41.67%), Vitamin C: 29.55mg (35.82%), Magnesium: 70.92mg (17.73%), Phosphorus: 130.17mg (13.02%), Vitamin E: 1.94mg (12.96%), Iron: 2.09mg (11.63%), Vitamin B3: 2.18mg (10.88%), Vitamin B6: 0.21mg (10.48%), Copper: 0.21mg (10.28%), Potassium: 355.18mg (10.15%), Vitamin A: 435.68IU (8.71%), Vitamin B1: 0.11mg (7.41%), Folate: 29.48µg (7.37%), Calcium: 59.67mg (5.97%), Zinc: 0.82mg (5.5%), Vitamin B2: 0.09mg

(5.46%), Vitamin B5: 0.52mg (5.17%), Selenium: 1.19µg (1.7%)