

LEMON BULGUR

1-1/2 c. chicken broth
3/4 c. bulgur
cayenne
1 t. lemon rind
salt and white pepper

Stir bulgur, cayenne, and rind into boiling broth. Simmer covered about 15 minutes. Fluff with fork and season. Makes 2 servings. Good with sauteed chicken with basil and mint.

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