



Whole Grain Chia Crunch Side

This easy side is a great way to eat whole grain. Bulgur wheat has a mild, nutty flavor and is rather filling. Did you know that 1 cup of bulgur wheat has less calories, less fat, and more than twice the fiber of brown rice? The dried cranberries provide a little sweet, while the lime juice and zest are a little tart. Add sunflower seeds or nuts for a good crunch too!

Ingredients

1 can chicken broth (14 oz)
1/2 cup bulgur wheat
1/2 cup chopped, seeded cucumber
4-5 tbsp fresh chopped cilantro
3-4 tbsp dried cranberries

1 tsp lime zest
1 tbsp dry MySeeds Chia
1 and 1/2 tbsp fresh lime juice
1 stalk celery (chopped)
2 tbsp sunflower seeds
1/8 tsp chili powder

First bring the chicken broth to a boil, then stir in the bulgur wheat. Cover and simmer for about 15 minutes, or until tender. While the wheat is cooking, you can chop the other ingredients. Then, zest the lime and squeeze out the juice. Once the bulgur has cooked, let it cool and stir in all the chopped ingredients. Add the chili powder to the lime juice and mix. Then, pour the mixture over the wheat mixture along with the chia seeds and stir to thoroughly coat. You're ready to serve! Many people prefer this as a chilled side, and when you refrigerate, it gives the flavors time to mix.



Zesty Lime Chia Salsa

Need a salsa to compliment your grilled chicken or fish? Try this colorful, healthy recipe! Two kinds of peppers & chili powder spice it up while cucumber & cilantro cool it down. The lime juice and zest help it taste fresh no matter how you use it. This can be served over meat, or eaten just as it is, as a side dish.

Ingredients

1/2 can of black beans (rinse & drain)
1/2 cucumber, seeded & chopped
3/4 cup corn
1/2 of 1 jalapeno pepper, minced
1/4 of 1 red pepper, diced
1 tbsp MySeeds Chia Gel
1/2 of a large tomato

2 tbsp olive oil
1/2 tsp chili powder
2 tbsp lime juice
2 tbsp chopped fresh cilantro
1 clove garlic, smashed & minced
1 tsp lime zest



In a large bowl, combine the beans, corn, and chopped vegetables. In a measuring cup, combine the olive oil, chili powder, lime juice, lime zest and chia gel. Stir to combine then pour over the other ingredients in the bowl. Stir to coat the salsa, then refrigerate for at least 1/2 an hour before you plan to serve.

