

PESTO BULGUR BLISS BOWL

Submitted by Chef Fue Xiong at
Aurora St. Luke's Medical Center

SERVES 1

INGREDIENTS

½ cup bulgur wheat, cooked
3 oz. fresh mushrooms, sautéed
½ avocado, medium, sliced
½ peach, medium, diced
½ oz. parmesan cheese, shredded
3 oz. basil pesto
1 tsp. balsamic vinegar glaze
2 basil leaves, fresh

PREPARATION

1. In a pot, boil water, then add bulgur wheat to the water. Remove from heat. Wait 30 mins. or until the bulgur is cooked. Stir and fluff the bulgur with a fork when finished. While the bulgur is cooking, slice mushrooms and avocados, and dice peaches.
2. Sauté mushrooms in a skillet. While the mushrooms are cooking, place the parmesan cheese into 3 in. circles on a parchment lined baking sheet. Put in a 350° F oven and bake for 6-8 mins. or until all the cheese has melted into a golden crisp disc. Remove from the oven and set aside.
3. In a pan, heat up the pesto until hot, then take the pan off the heat. Add the cooked bulgur wheat with the pesto and mix thoroughly.
4. In a bowl, layer the sautéed mushrooms on the bottom, followed by a ½ cup of the pesto bulgur mixture. Align half of a sliced avocado in a semi-circle on top of the pesto bulgur.
5. Add the fresh diced peaches in a packed ½ cup scoop and neatly place the peaches onto the center of pesto bulgur. Drizzle the balsamic glaze on top. Add leaves of basil for garnish. Stand up the parmesan crisp next to the basil. Serve immediately.

