

tid bits

# You too could try making a bulgur burger

By Lynn Roberts

Americans are hooked on meat. What started out as a necessity for pilgrims who had little else to eat has turned into an addiction for modern America. While it's hard to get away from the idea of leaving meat out of a meal or only using a little, it can be an interesting adventure in eating. The good old standby, Nebraska beef, is fine, but try some Nebraska grains and beans for a change. Wheat fields are a common sight in Nebraska, but not so common is a variation on a theme—bulgur.

**Better than it sounds**

Fortunately, it tastes better than it sounds. Made by boiling wheat for a short time, drying it and removing part of the bran, bulgur can be used much like rice.

It can be purchased, along with most kinds of grain, at the Open Harvest food cooperative and needs to be cooked about 20 minutes using one part bulgur to two parts water.

It's not bad plain, but is improved considerably by adding your favorite seasonings. Beans, usually a side dish, shouldn't be overlooked as a main course.

There's no reason a baked bean casserole can't be served instead of meat, using salad and bread to complete the meal.

**Vegetables**

Vegetables are another good source for main dish casseroles. Most any vegetable mixed with cooked rice and creamed soup and topped with cheese can make a fine meal.

For a light, but filling meal try a souffle, or make your favorite salad twice as big as you usually do.

If you're having a hard time breaking out of the mold of hearty main dishes, fix pizza. But omit the meat and add a couple kinds of cheese instead.

In fact, try leaving meat out of any dish in which you usually include it. In many casseroles, and even in spaghetti, chances are you won't even miss it.

I don't think it's bad to use meat, it's just fun and cheap not to use it once and a while. These two recipes are good examples of that, although I did slip a little bacon into the bulgur dish.

**Broccoli souffle**

- 1 pkg. frozen chopped broccoli
- 3 tbsp. margarine
- 3 tbsp. flour
- 1/2 tsp. salt
- 4 eggs, separated
- 1/4 tsp. cream of tartar
- 1 tsp. lemon juice
- 1 tsp. minced pimiento
- 1 c. milk

Cook frozen broccoli in boiling salted water two minutes, drain and chop finely.

Melt margarine in saucepan and stir in flour and salt. Remove from heat and slowly add the milk. Stir until smooth after each addition. Return to heat and bring to boil, stirring constantly. Remove from heat.

Beat egg yolks and add the hot sauce to them gradually. Add lemon juice and minced pimiento. Beat egg whites until foamy, add cream of tartar and beat until the whites just bend over.

Fold whites into sauce. Pour into greased 1 1/2 qt. casserole. Bake in 325 degree oven about 50 minutes or until a knife inserted in the center comes out clean. Serve immediately.

**Spanish bulgur**

- 4 slices bacon, cut in strips
- 1/2 c. chopped onion
- 1/2 c. chopped celery
- 1/2 c. chopped green pepper
- 1 clove garlic finely minced
- 1 lb. canned tomatoes
- 2 c. water
- 1 tsp. seasoned salt
- 1 tsp. sugar
- 1 tsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 c. bulgur

Saute bacon over medium heat until it starts to brown. Add chopped vegetables and cook until onion is transparent. Blend in rest of ingredients, cover and simmer over low heat until most of the liquid is absorbed (about 20 minutes).

## FAB to recommend \$1 student fee hike to Bader

Fees Allocation Board (FAB) Thursday voted to recommend a \$1 student fee increase for 1976-1977 to Ken Bader, vice-chancellor for student affairs.

The board also recommended that:

—Responsibility for the Health Education Program immediately be transferred from the University Health Center to the university.

—University Program and Facility Fees support for Career Planning and Placement, Career Counseling, Environmental Health and New Student Orientation be continued for one more year, but that the following year they be transferred to general institutional support.

Bader asked FAB earlier this semester to submit a recommendation on a possible fee hike.

A student affairs committee study which recommends a \$3.50 increase was presented to Bader and FAB earlier in the semester by Ely Meyerson, dean of student development.

The projected \$3.50 increase includes \$1.35 for the Health Center, \$.68 for the Nebraska Union, \$1.30 to replace depleted surplus funds carried over from previous years and what Meyerson called a \$.17 fudge factor, an allowance for error.

ASUN and the Council on Student Life also will make recommendation on the proposed increase.

In the board's recommendation report, Don Wesely, FAB chairman, said UNL students currently pay the second highest amount of student fees in the Big 8 and that the board's immediate goal should be to keep student fee increases to a minimum.

An FAB subcommittee report on the recreation department adopted by the board recommended a "back to basics program."

The report also recommends that:


—Expensive equipment purchases should be limited.  
—Activities such as glass blowing, yoga, dance and macrame classes are "more appropriately the function of the Free University of the Union Program Council."

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