BULGUR PILAF

This is a delicious way to substitute a whole grain dish for white rice or potatoes. This pilaf is quick and easy, and only takes 15-20 minutes to cook. The sweet spices and raisins add a unique flavor.

Bulgur is whole wheat kernels that have been steamed, dried, and cracked. You can also substitute quinoa (pronounced “keen-wah”), a nutritious, high-protein whole grain.

1 cup   Onion, chopped
2 t   Olive oil
1 cup   Bulgur or quinoa, rinsed and drained
1½ cups  Chicken broth, reduced sodium
¼ t   Cinnamon
¼ t   Allspice
Sprinkle  Black pepper
3 T   Raisins
3 T   Parsley, fresh, chopped
Sprinkle  Almonds, toasted, chopped

DIRECTIONS:

1. Chop onion.
2. Heat 2 t olive oil in a large saucepan.
3. Saute onions until softened and browned.
4. Rinse and drain grain. (Be sure to thoroughly rinse quinoa to remove bitter flavor).
5. Add grain to pot, and stir for 1 minute.
6. Add chicken broth and seasonings. Mix.
7. Bring to a simmer. Reduce heat to low, cover, and cook until grain is tender and the liquid has been absorbed (~15-20 minutes).
8. Add raisins and chopped parsley. Top with sprinkled nuts.
   Makes 4 1-cup servings.

Source: adapted from Tufts University Health & Nutrition Letter, August 2001 “Whole-Grain Know-How”

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