



Fresh Herb & Lemon Bulgur Pilaf

- 2 cups chopped onion
- 1 clove garlic, minced
- 2 Tbsp olive, canola or vegetable oil
- 1½ cups dried bulgur, preferably medium or coarse
- ½ tsp ground turmeric
- ½ tsp ground cumin
- 2 cups low-sodium vegetable broth
- 1½ cups chopped carrot
- 2 tsp grated ginger
- 1 tsp salt
- 1 Tbsp dried dill
- 1 Tbsp dried mint
- 1 Tbsp dried parsley
- 3 Tbsp lemon juice



1. Heat oil in large skillet with a tight-fitting lid over medium heat. Add onion, reduce heat to medium-low and cook, stirring often, until golden brown, 12-18 minutes. Stir in garlic and cook, stirring, for 1 minute.
2. Add bulgur, turmeric, and cumin and cook, stirring, until bulgur is coated with oil, about 1 minute.
3. Add broth, carrot, ginger, dill, mint, parsley, and salt and bring to a boil, stirring. Cover and cook over medium-low heat until all the broth is absorbed and there are indentations on the surface of the bulgur, about 15 min. Do not stir pilaf during this time. Remove from heat and let stand, covered, for 5 min.
4. Stir in lemon juice, serve and enjoy!

Makes: 6 servings

Nutrition Information:

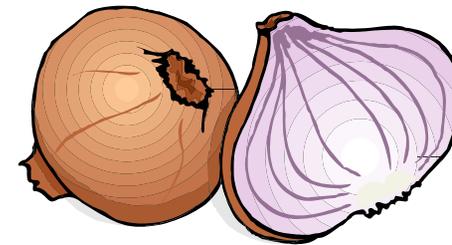
CALORIES 200 (23% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 460mg; CARBOHYDRATE 36g; FIBER 9g; PROTEIN 5g; CALCIUM 4%; IRON 6%



Oven-Browned Onions

- 2 pounds of onions
- 1 Tbsp olive, canola or vegetable oil

1. Preheat the oven to 200°F.
2. Chop 2 pounds of onions into medium-size pieces. Toss onions with oil and place on roasting pan.
3. Place in oven and bake for about 6 hours, or until the onions are evenly browned, stirring occasionally.
4. Allow to cool and serve immediately.



Makes: 6 servings

Nutrition Information:

CALORIES 80 (25% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 5mg; CARBOHYDRATE 14g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 2%