

# Starters, Sides, and Complements

## Bulgur Pilaf

*\*Vegetarian or Vegan*

Bulgur is a beneficial grain and in more ways than one. Not only is it super nutritious, containing soluble fiber that's good for cholesterol and blood sugar control, it cooks in no time so it's easy to make and saves you time in the kitchen. Enjoy this pilaf as a substitute for rice.

### You'll Need

- 1 cup medium size bulgur
- 2 cups water
- 2 tablespoons butter or olive oil
- 1/3 cup pilaf noodles (vermicelli, orzo or another of your choice)
- 1 teaspoon salt



### Directions

- Pour oil or butter into saucepan and turn up the heat to medium-high.
- Add the noodles and stir. Stay close and keep stirring until the noodles start to turn slightly brown.
- Add the bulgur and stir thoroughly to coat the grains.
- Toast the mixture like this for a minute or two, and then slowly pour in the water.
- Be careful to stand back, or take the pot off the heat to avoid the steam.
- Add salt and stir once and bring to a boil.
- Lower the heat to a simmer for five minutes.
- Then turn off the heat but keep the lid on. Let the pilaf sit covered for 10 minutes longer.
- Now you can take the off the lid and fluff with a fork. Adjust salt as needed.

### Play with Your Food

- Consider adding some dried herbs or spices to the pilaf.
- Prepare the pilaf with vegetable or chicken broth instead of water.
- Use a combination of one tablespoon butter and one tablespoon olive oil.

