

Bulgar Pilaf With Baby Spinach Salad

Serves 4

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Pilaf

½ cup dried red or brown lentils
4 cups water
½ cup bulgar
¼ cup pine nuts or slivered unsalted almonds toasted
¾ cup frozen shelled edamame, rinsed under running cold water
1 cup coarsely chopped baby spinach
½ cup chopped fresh parsley
Zest 3 lemons (1 1/2 tbsp)
1 tbsp extra virgin olive oil
½ tsp dried rosemary, crumbled
½ tsp salt
½ cup reduced fat feta (2 oz)

Salad

¼ cup finely chopped red onion
1 tbsp plus 1 tsp extra virgin olive oil
1 tbsp fresh lemon juice
½ clove garlic, minced
1/8 tsp salt
1/8 tsp fresh ground pepper
4 cups baby spinach (or spring greens)

To prepare pilaf:

Rinse lentils in a fine mesh strainer and discard any debris or small stones, drain

In a large saucepan place lentils with 4 cups water and bring to a boil over high heat

Reduce heat to simmer, cover and cook 15 minutes

Add bulgar to saucepan, cover and continue cooking on simmer for 12 minutes or until lentils are tender and bulgar is cooked through

Meanwhile in a medium bowl, combine remaining pilaf ingredients except feta

To prepare salad:

In a medium bowl, whisk together all salad ingredients except spinach

Drain lentil mixture in a fine mesh strainer and stir into bowl with pilaf mixture

Add feta to pilaf

Add spinach to salad ingredients and toss until spinach is coated with dressing

To serve place 1 cup pilaf on each plate with 1 cup salad

Note: To reduce fat content, eliminate the nuts. To reduce sodium content eliminate the salt.

Per serving:

341 calories

15 g fat

3 g sat fat

37 g carbohydrates

9 g fiber

17 g protein

4 mg cholesterol

436 mg sodium

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