



# RECIPE OF THE Month

## Nutty Bulgur Pilaf

2 tbsp canola oil

½ cup minced sweet onion

1 ½ cups whole-grain bulgur wheat

### Nut mixture:

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¼ cup walnuts, chopped

¼ cup dried apricots, chopped

3 tbsp fresh parsley, chopped

2 tbsp fresh lemon juice

¼ tsp cumin

¼ tsp salt (optional)

¼ tsp fresh ground black pepper

½ cup crumbled (not packed) feta cheese

- 1 Heat oil in a large skillet over medium heat. Sauté onion for 5 minutes.
- 2 Add bulgur and toast in skillet for 7 minutes.
- 3 Reduce heat to low, add 1 ½ cups hot water (slowly) and cover. Cook for 12-15 minutes, until liquid is absorbed.
- 4 Remove from heat and stir in nut mixture.
- 5 Top with cheese and serve.

**MAKES ABOUT 6 CUPS. Per ½ cup serving:**

125 calories | 4.5g protein | 5.4g fat | 1.2g sat | 2.8mg cholesterol | 16g carbs | 1.8g sugar | 3.6g fiber | 234mg sodium