



Spiced Bulgur & Lentil Pilaf

Makes approximately 4-6 servings

Ingredients:

- 1 cup French “du Puy” lentils or green lentils
- 4 cups water or broth (or a combination)
- 1 Bay leaf
- 1 ½ cups bulgur wheat
- ¾ tsp. salt
- 4 Tbs. olive oil
- ½ cup finely chopped onions
- 2 tsp. minced garlic
- ½ tsp. ground cumin
- 1 tsp. ground coriander seed
- ¼ tsp. ground allspice
- 2 Tbs. chopped Italian parsley

Directions:

1. Place the lentils in a Dutch oven with 4 cups of water or broth (or a combination of the two) and the bay leaf; bring to a boil, turn down and simmer for 20 to 30 minutes until tender but still firm.
2. Add the bulgur and ½ tsp. salt. Cover and let cook for 10 to 15 minutes over very low heat. Be sure to check that the bulgur and lentils do not stick to the bottom of the pan. Turn off the heat and let rest for another 10 minutes. Fluff up the pilaf with a rubber spatula.
3. In a skillet, heat 2 Tbs. of olive oil and cook the chopped onions. Cook, stirring, for about five minutes until soft. Add the garlic and the spices. Cook, stirring for a minute or so. Add the lentil and bulgur mixture, stirring well to combine. Taste for seasoning. Transfer the lentil and bulgur mixture to a serving dish and top with chopped parsley.