Bulgur with Savory Greens
From – Moosewood Restaurant Low-Fat Favorites

2 ½ cups chopped onions
4 garlic cloves, minced or pressed
1 tbls olive oil
1 lb Swiss chard or escarole, rinsed and chopped (about 8 cups)
2 tbls fresh lemon juice, or more to taste
1 ½ cups bulgur
1 tsp salt
2 ½ cups water
ground black pepper to taste
lemon wedges
fresh mint leaves
red wine vinegar or balsamic vinegar

• In a large skillet, saute’ the onions and garlic in the oil for about 8 minutes, until the onions are translucent.
• Add the greens and lemon juice, cover and cook until the greens have just wilted.
• Stir in the bulgur and salt.
• Add the water, cover and cook on medium-low heat for about 15 minutes, until the bulgur is tender and most of the water has been absorbed.
• Sprinkle with pepper and add more lemon juice to taste.
• Serve garnished with lemon wedges and mint.
• Offer a cruet of vinegar at the table.

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