

Stuffed Grape Leaves

Ingredients:

24 grape leaves, large
 non-stick cooking spray
 1 cup onion, finely chopped
 ½ cup long grain rice, uncooked
 ½ cup green onions, chopped
 2 tbsp. pine nuts
 1 cup water
 2 tbsp. currants, dried
 2 tbsp. parsley, chopped
 1½ tsp. mint, chopped, fresh
 1½ tsp. dill, chopped, fresh
 ½ tsp. salt
 ¼ tsp. black pepper
 ⅛ tsp. cinnamon, ground
 ½ cup yogurt, plain, fat free
 8 lemon wedges



Nutrition Facts

Serving Size 4 grape leaves (138g)
 Servings Per Container 6

Amount Per Serving			
Calories	110	Calories from Fat	20
% Daily Value*			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	115mg		5%
Total Carbohydrate	22g		7%
Dietary Fiber	2g		8%
Sugars	6g		
Protein	3g		
Vitamin A	70%	Vitamin C	25%
Calcium	8%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



*GLUTEN-FREE



*SOY FREE



*CONTAINS NUTS

Directions:

1. Rinse grape leaves with cold water; drain well.
2. Pat dry with paper towels. Remove stems; set aside leaves.
3. Using large nonstick skillet over medium heat. Coat pan with spray. Add chopped onion and cook until tender (about 7 minutes).
4. Add rice, green onions and nuts; cook 4 minutes, stirring frequently.
5. Stir in water and next 7 ingredients through cinnamon; bring to boil, cover and reduce heat.
6. Simmer 15 minutes or until rice is tender. Cool slightly. Spoon 1 rounded tablespoon rice mixture onto grape leaf, folding jellyroll fashion.
7. Steam grape leaves, covered. 10 minutes or until thoroughly heated. Cool to room temperature. Serve with yogurt and lemon wedges.