

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. currents, dried

2 tbsp. parsley, chopped

1½ tsp. mint, chopped, fresh

1½ tsp. dill, chopped, fresh

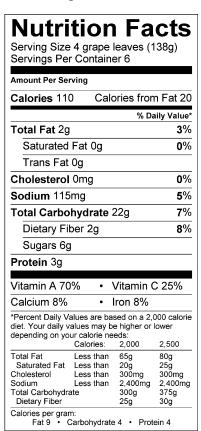
½ tsp. salt

1/4 tsp. black pepper

1/8 tsp. cinnamon, ground

½ cup yogurt, plain, fat free

8 lemon wedges











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.