

Bulgur and Quinoa Pilaf

Ingredients:

- 1 cup dry bulgur
- 1 cup dry quinoa
- 1 large onion, chopped
- 1 cup chopped celery
- 4 cup low sodium vegetable stock
- ¼ cup chopped fresh parsley
- ½ tsp. dried rosemary
- ⅛ tsp. salt



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 5

Amount Per Serving

Calories 270 **Calories from Fat 25**

% Daily Value*

Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 100mg		4%
Total Carbohydrate 51g		17%
Dietary Fiber 9g		36%
Sugars 4g		
Protein 17g		

Vitamin A 8% • Vitamin C 15%
Calcium 4% • Iron 15%

*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



Directions:

1. Place bulgur and quinoa in a dry heavy skillet, such as cast iron, until the grain smells toasty.
2. Remove from heat immediately and set aside.
3. Steam-fry onion and celery in a large saucepan with a tight lid until onion begins to soften using a small amount of water.
4. Add stock, bulgur, quinoa, parsley and rosemary.
5. Bring to a boil over high heat, then reduce heat to low and cook, covered, for 20 minutes. Let stand 5 minutes, add salt and fluff with a fork.