

Bulgur with Savory Greens

From – *Moosewood Restaurant Low-Fat Favorites*

2 ½ cups chopped onions
4 garlic cloves, minced or pressed
1 tbs olive oil
1 lb Swiss chard or escarole, rinsed and chopped (about 8 cups)
2 tbs 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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