

Bulgur Pilaf with Garbanzo Beans, Caraway, and Mint

YIELD: 6 side-dish servings

This distinctive dish goes well with a simple stir-fry or stew, or can become the center of the meal when served with plain steamed vegetables.

EACH SERVING PROVIDES

183 calories, 7 g protein, 4 g fat,
8 g dietary fiber, 32 g carbohydrates,
186 mg sodium, 0 mg cholesterol

- 1½ teaspoons caraway seeds
- 1 teaspoon coriander seeds
- 1 teaspoon ground turmeric
- ½ teaspoon salt
- A few grinds black pepper
- 1 tablespoon olive oil
- ½ medium white onion, diced
- 2 cloves garlic, minced
- 1 large bay leaf
- 1 cup uncooked bulgur wheat
- 1½ cups cooked and drained garbanzo beans
- ⅓ cup chopped fresh mint

Combine the caraway seeds and coriander seeds in a mortar and pestle and crush to a coarse powder. Set aside in a small bowl with the turmeric, salt, and pepper.

Heat the oil in a large saucepan over medium heat and sauté the onion for 3 minutes, stirring occasionally. Stir in the garlic and spice mixture, then add 2 cups of water and the bay leaf. Bring to a boil over high heat. Add the bulgur and garbanzo beans and return to a simmer. Reduce the heat to very low, cover, and cook 20 minutes. Turn off the heat, remove the lid, and distribute the mint over the top of the pilaf. Replace the lid and set the pilaf aside for at least 5 minutes before serving.

Transfer the pilaf to a warmed serving bowl or platter. Discard the bay leaf and toss the pilaf with two forks to break up any clumps and distribute all the ingredients evenly. Serve hot.