

Bulgur Pilaf with Toasted Noodles

Serves 3

Adapted from "The Cooking of the Eastern Mediterranean," by Paula Wolfert (HarperCollins, 1994).

2 tablespoons butter

**½ cup spaghetti or vermicelli
broken into 1- to 1½-inch
pieces (about 2 ounces)**

1 cup coarse bulgur (No. 4)

**1½ cups simmering chicken
broth or water**

**Kosher salt and freshly
ground black pepper**

Instructions: Melt the butter in a saucepan over moderate heat. Add the broken pasta and cook, stirring, until it turns nut-brown about 2 minutes. Add the bulgur and cook, stirring, for 1 minute. Add the simmering broth or water. If using unsalted broth or water, add $\frac{3}{4}$ teaspoon salt. If the

broth is salted, taste and add more salt if necessary.

Adjust the heat to maintain a simmer and cook uncovered for 3 minutes. Cover, reduce heat to low, and cook 10 minutes. Remove from the heat. Wrap the lid in a kitchen towel and replace it on the saucepan to absorb steam. Let the pilaf rest, covered, for 10 minutes.

Just before serving, add several grinds of black pepper and fluff with a fork.

Per serving: 320 calories, 11 g protein, 52 g carbohydrate, 9 g fat (5 g saturated), 21 mg cholesterol, 46 mg sodium, 10 g fiber.