

Bulgur with Onion, Tomatoes & Feta (Hondros)

Serves 3 to 4

Adapted from "The Foods of the Greek Islands," by Aglaia Kremezi (Houghton Mifflin, 2000). Pair with a green salad for a delicious, wholesome and easy dinner. If desired, add a can of drained chickpeas along with the bulgur. In summer, substitute fresh tomato for canned.

3 tablespoons extra virgin olive oil + more for serving

½ cup chopped red onion

1 cup coarse bulgur (No. 4)

1 teaspoon coarsely ground medium-hot red pepper, preferably Turkish Maras or Syrian Aleppo (see Resources)

2 cups chicken broth, vegetable broth or water

1 cup canned plum tomatoes, preferably San Marzano, minced to a pulp

½ cup crumbled feta cheese, preferably imported Greek,

French or Israeli + more for serving

Kosher salt and freshly ground black pepper

3 tablespoons chopped Italian parsley + more for serving

Instructions: In a large saucepan, heat the oil over moderate heat. Add the onion and saute until soft, about 5 minutes. Add the bulgur and red pepper and saute, stirring, until the bulgur is coated with oil. Add the broth or water and the tomatoes and bring to a boil. Reduce the heat

to low, cover and simmer for 10 to 12 minutes, until the bulgur has the consistency of a very moist risotto. Remove from the heat and let stand, covered, for 3 minutes.

Stir the feta into the bulgur. Season to taste with salt and black pepper. Serve in bowls, topping each portion with more feta and parsley and with a drizzle of olive oil.

Per serving: 299 calories, 10 g protein, 33 g carbohydrate, 15 g fat (4 g saturated), 17 mg cholesterol, 223 mg sodium, 8 g fiber.