



Middle Eastern Pilaf

- 2 tablespoons olive oil
- 1 cup bulgur or cracked wheat
- 2 cups reduced-sodium chicken broth
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup currants
- 1/2 cup dried cherries
- 1 cup Almond Accents® Honey Roasted Flavored Sliced Almonds

In heavy-bottomed saucepan, heat oil over medium heat. Add bulgur and cook, stirring frequently, about 5 minutes or until bulgur is lightly toasted. Add broth, honey, salt and cinnamon; bring to a boil. Cover and cook over low heat without stirring about 20 minutes or until liquid is absorbed. Mix in currants and cherries, fluffing gently with a fork. Cover and let sit 5 minutes. Mix in 1/2 cup Almond Accents, transfer pilaf to serving dish and sprinkle with remaining Almond Accents.

Serves 6

Nutrition Information Per Serving: 335 calories; 15 g fat; 0 mg cholesterol; 338 mg sodium; 45 g carbohydrate; 6 g fiber; 8 g protein



Preparation Time : 10
minutes

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