

Saffron Bulgur Pilaf

with Early Fall Vegetables

The term pilaf refers to the method of cooking grains in a seasoned broth. In this recipe, vegetable broth and saffron threads infuse flavor into bulgur, a Middle Eastern parboiled wheat grain. Bulgur's nutty flavor combined with fresh vegetables like pattypan squash, bell pepper, and Swiss chard make this dish a wholesome, satisfying meal.



Ingredients

- 1 Cup Bulgur
- 1 Cup Vegetable Broth
- 1 Pinch Saffron
- 2 Tablespoons Almonds
- 1 Red Bell Pepper
- 1 Onion
- 1 Pattypan Squash
- 1 Bunch Swiss Chard
- 2 Ounces Ricotta Salata Cheese
- 2 Tablespoons Currants
- 1 Lemon

Makes 2 Servings
About 610 Calories Per Serving



Instructions

1



Cook the bulgur:

In a medium pot, combine the **bulgur**, **vegetable broth**, **saffron**, and **1 cup of water**. Heat to boiling on high, then cover, reduce the heat to low, and simmer 12 to 15 minutes, or until water is absorbed.

2



Prepare your ingredients:

While the bulgur cooks, wash and dry the fresh produce. Peel and slice the onion. Cut the pattypan squash into large chunks. Slice the red pepper. Cut off and discard the thick stems of the chard, then roughly chop the leaves. Roughly chop the almonds.

3



Toast the almonds:

Add the **almonds** to a large pan. Heat the pan on high for 1 to 2 minutes, to toast the almonds until they're fragrant and lightly golden, stirring. Transfer the toasted almonds to a small bowl.

4



Cook the vegetables:

Wipe out the pan used for the almonds. Add some olive oil to the pan and heat on high until hot. Add the **pattypan squash** and season with salt and pepper. Cook 1 to 2 minutes, or until golden, stirring occasionally. Add the **onion** and **pepper** and cook 2 to 4 minutes, or until softened, stirring occasionally. Stir in the **currants** and cook about 1 to 2 minutes.

5



Add the Swiss chard:

Add the **chard**, stirring for about 2 minutes, or until completely wilted. Remove from the heat. Squeeze in some **lemon juice** to taste. Season with salt and pepper to taste.

6



Plate your dish:

Divide the bulgur between 2 plates. Top each with half the vegetables. Crumble the **ricotta salata cheese** and sprinkle it over the top of the vegetables, along with the **toasted almonds**. Enjoy!