

Mujaddara

A flavorful rice pilaf of Middle Eastern cuisine naturally vegetarian and filled with heart-healthy fiber.

MAKES 6 SERVINGS



Ingredients

- 1 Tablespoon olive oil
- 2 large onions, peeled and thinly sliced
- 2 garlic cloves, peeled and finely chopped (or substitute 1 teaspoon garlic powder)
- ½ cup water, divided, see below
- 1 teaspoon cumin
- 1 teaspoon allspice
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 3 ¼ cups low-sodium or unsalted chicken broth
- 1 cup brown basmati rice, uncooked (try short grain rice for shorter cooking time)
- 1 cup brown lentils, uncooked
- 6 ounces (=6 cups) spinach or baby kale (or, substitute 1 cup chopped fresh herb leaves such as basil, parsley, cilantro, and/or mint)
- Juice of 1 lemon OR 1 Tablespoon vinegar
- ½ cup plain Greek yogurt
- ½ cup plain tahini (sesame seed paste)

Directions

1. Place medium pot on stove over medium heat. When the pot is hot, add oil, onions, garlic, 1/4 cup water, cumin, allspice, salt, and pepper. Stir well. Cook, stirring often, until onions are brown and soft, for about 40 minutes. Add last 1/4 cup water if all of the liquid has evaporated.
2. Place broth, rice, and lentils in another medium pot over high heat. Bring to a boil, then lower the heat and cook covered until tender, about 35-45 minutes. Turn off heat.
3. Add greens or herbs to the lentils and let sit 5-10 minutes. There should still be a small amount of broth remaining.
4. Add prepared onions to lentils and gently mix together. Stir in lemon juice or vinegar.
5. Taste! Does it need another spoonful of lemon juice or vinegar? Add it and taste again.
6. Mix together yogurt and tahini to create a sauce. Garnish each serving of prepared rice and lentils with 1-2 Tablespoons sauce on top.

Nutrition Information

Makes 6 servings

Calories: 413; Total fat: 14g; Saturated fat: 2g; Cholesterol: 0mg; Sodium: 184mg; Carbohydrate: 57g; Dietary fiber: 15g; Protein: 18g