

**Bulgar and Flax Pilaf**

2	tbsp.	butter or margarine	25	mL
1	cup	bulgar wheat	250	mL
¼	cup	flaxseed	50	mL
1/3	cup	minced onion	75	mL
1		small tomato, diced	1	
2	cups	chicken broth	500	mL
½	tsp.	salt	2	mL
¼	tsp.	crushed rosemary OR 1 tsp. (5 mL) fresh, chopped*	1	mL

- In medium saucepan, over medium heat, melt butter or margarine.
- Add bulgar, flaxseed and onion. Stir until bulgar is golden brown and flax is turning dark, about 3 minutes.
- Stir in tomato, chicken broth, salt and rosemary.
- Cover, heat to boiling, reduce heat, simmer 15 minutes.
- Turn off heat, remove lid, lift pilaf with fork.
- Let rest 10 minutes before serving.

Yield: 4 cups (1 L) 5 servings  
Serving Size: ¾ cup (175 mL)

\* Any herb may be substituted

**Single Serving Nutrient Values**

Calories	216
Protein	7.310 g
Carbohydrate	30.04 g
Fat	7.956 g
Cholesterol	0.000 mg
Saturated Fat	1.139 g
Monounsaturated Fat	2.396 g
Polyunsaturated Fat	3.671 g
Dietary Fibre	6.656 g
Sodium	577.4 mg
Potassium	401.4 mg