

Sleek - Bulgur Wheat (or Quinoa) and Kale with Onion*

Ingredients

- 1 1/2 c dried black-eyed peas
- 2 1/2 c water
- 1 1/2 lb kale, finely chopped - you can substitute spinach
- 1/2 c coarse bulgur wheat or 1/2 c cooked quinoa
- 1 c diced onions - I prefer a sweeter onion
- 1/4 to 1/3 c olive oil or coconut oil

How to make it

- 1 Wash and drain black-eyed peas.
- 2 Place black-eyed peas and water in saucepan, cover and cook over medium heat for approximately 15 minutes.
- 3 Add chopped kale and cook for 6 minutes.
- 4 Rinse and drain the bulgur wheat and add to the saucepan.
- 5 Stir to mix all ingredients.
- 6 Drain in colander to remove any liquid.
- 7 Brown onions in olive oil in large frying pan until dark brown.
- 8 Add the drained mixture of kale, peas and wheat with salt and pepper to taste.
- 9 Cook over low heat, uncovered for 5 minutes.
- 10 Enjoy.

*recipe from grouprecipes.com