Bulgur Cranberry Pilaf
Makes 6 servings

Ingredients:
2 teaspoons olive or canola oil
3/4 cup onion, chopped
2 garlic cloves, minced
1 cup bulgur
2 cups reduced sodium broth
1/2 cup carrots, finely chopped
1/2 cup dried cranberries
1/2 cup fine egg noodles
1/8 teaspoons black pepper

Directions:
1. In a large skillet, cook the onion in olive oil until soft.
2. Add garlic and cook 1 to 2 minutes.
3. Add vinegar and zucchini. Cook for 3 to 4 minutes.
4. Add the tomatoes, basil, parsley, and pepper flakes. Cover the pan, reduce the heat, and simmer until zucchini is tender, about 5 to 7 minutes.

Source: Broome County Cornell Cooperative Extension