

Healthy Mustard Greens & Bulgur with Dates

1 cup bulgur, (see Shopping Tip)	12 cups mustard greens, thinly sliced, stem removed
2 tablespoons chopped walnuts	1/3 cup chopped pitted dates
6 teaspoons extra-virgin olive oil	2-3 tablespoons water
1-2 green onion, chopped	4 teaspoons white-wine vinegar
1 tablespoon finely chopped garlic	1/2 teaspoon salt

Method: Prepare bulgur according to package directions. Transfer to a colander and rinse under cool water; drain. Toast walnuts in a small dry skillet over medium-low heat, stirring, until lightly browned and fragrant, 2 to 3 minutes. Place 5 teaspoons oil and green onions in a large skillet over medium-low heat. Cook until the onions start to brown, 4 to 6 minutes. Add garlic and cook, stirring, until fragrant, about 15 seconds. Add mustard greens, dates and 2 tablespoons water and cook, stirring occasionally, until the greens are tender and the water evaporates (add another tbsp. of water if the pan is dry before the greens are tender), about 4 minutes. Stir in vinegar, salt and the prepared bulgur; cook until heated through, about 1 minute. Drizzle with the remaining 1 teaspoon oil and sprinkle with the walnuts before serving. **Shopping Tip** - Look for bulgur in the natural-foods section of large supermarkets, near other grains.