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## *Grape Leaves Stuffed with Rice, Currants, and Herbs*

October 2005 Supper Club, Recipe from Nan

Make this dish the night before a gathering, refrigerate overnight, and serve at room temperature.

- 24 large grape leaves
- Cooking spray
- 1 cup finely chopped onion
- 1/2 cup uncooked long-grain rice
- 1/2 cup chopped green onions
- 2 tablespoons pine nuts
- 1 cup water
- 2 tablespoons dried currants
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 1/2 tablespoons chopped fresh mint
- 1 1/2 tablespoons chopped fresh dill
- 1 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/8 teaspoon ground cinnamon
- 1/2 cup plain fat-free yogurt
- 8 lemon wedges

Rinse grape leaves with cold water; drain well. Pat dry with paper towels. Remove stems; discard. Set aside. Set large nonstick skillet over medium heat. Coat pan with cooking spray. Add 1 cup chopped onion; cook 7 minutes or until tender, stirring occasionally. Add rice, green onions, and nuts; cook 4 minutes, stirring frequently. Stir in water and next 7 ingredients (through cinnamon); bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender. Cool slightly.

Spoon 1 rounded tablespoon rice mixture onto center of each grape

leaf. Fold one side of leaf over filling. Fold opposite side of leaf over filling. Beginning at 1 short side, roll up leaf tightly, jelly-roll fashion. Steam grape leaves, covered, 10 minutes or until thoroughly heated. Cool to room temperature. Serve with yogurt and lemon wedges.

Yield: 8 servings (serving size: 3 stuffed grape leaves, 1 tablespoon yogurt, and 1 lemon wedge)

**NUTRITION PER SERVING**

**CALORIES 88(12% from fat); FAT 1.8g (sat 0.2g,mono 0.4g,poly 0.9g); PROTEIN 2.7g; CHOLESTEROL 0.0mg; CALCIUM**

**72mg; SODIUM 500mg;**

**FIBER 1g; IRON 1.3mg; CARBOHYDRATE 16.5g**

**Joanne Weir Cooking Light, SEPTEMBER 2005**