

FREEKEH WITH ZUCCHINI AND ALMONDS

(from the Bewitching Kitchen)

2 Tablespoon olive oil, divided
2 medium zucchini, cut in 1/4 inch pieces
squeeze of fresh lemon juice
1 stalk celery, finely diced
salt and pepper
3/4 cup cracked freekeh
2 cups water
toasted slivered almonds to taste
fresh dill to taste
whole yogurt for serving (optional)

Sautee the zucchini. On a large skillet, heat 1 tablespoon of olive oil, add the zucchini pieces seasoned with salt and pepper and allow it to get golden brown before moving the pieces around. When it's tender and fragrant, squeeze a little lemon juice and reserve.

Cook the freekeh. In a sauce pan, heat 1 tablespoon (or a bit less) olive oil, add the celery seasoned with salt and pepper, and saute until fragrant. Add the freekeh, cook a minute or two, then add the water. Cover the pan and simmer until tender, 20 to 25 minutes. Let it sit in the pan for five minutes with the heat off.

Add the freekeh to the skillet with the zucchini, warm everything together briefly, add toasted almonds, and fresh dill. Serve immediately with whole milk yogurt on the side, if so desired.