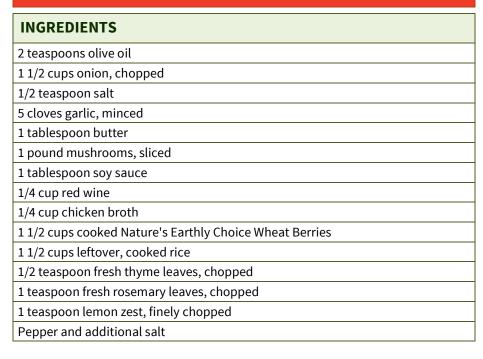


Simple | Healthy | Delicious

Mushroom Wheat Berry Pilaf





DIRECTIONS:

- 1. Cook Wheat Berries as directed on package.
- 2. Heat olive oil in large saute pan over low heat. Add onions and salt and sweat until soft, about 10 minutes. Add garlic and continue cooking for 5 minutes. Add butter to pan and melt. Add mushrooms, and soy sauce, increase heat to medium and continue cooking for 5 to 10 minutes, until mushrooms release their liquid. Add wine and chicken broth and simmer 5 minutes, until wine begins to evaporate. Add wheat berries, rice, thyme, rosemary, and lemon zest to heat through. Adjust seasoning, to taste.