



Simple | Healthy | Delicious

## Roasted Carrot Multigrain Pilaf with Pepita Pesto



### INGREDIENTS

#### Multi-grain Mix

1 cup vegetable broth  
1 ½ cups water  
1 tablespoon olive oil  
¼ teaspoon sea salt  
½ cup millet  
½ cup Nature's Earthly Choice Sorghum  
3 tablespoons Nature's Earthly Choice Teff

#### Carrots

½ pound carrots  
2 teaspoons olive oil  
¼ teaspoon salt  
¼ teaspoon black pepper

#### Pumpkin Seed Pesto

1/2 cup toasted pumpkin seeds  
3/4 cups baby spinach  
Zest and juice of 1/2 lemon  
1/2 clove garlic  
1/4 teaspoon kosher salt  
1/8 cup extra virgin olive oil

#### Garnish

Pepitas, for garnish  
Cilantro, for garnish

### DIRECTIONS:

1. In a pot, bring water and vegetable broth to a boil with a pinch of salt and olive oil. Stir in Sorghum, reduce heat to low, cover, and let cook for 30 minutes. Stir in teff and millet, cover, and continue cooking for another 20 to 30 minutes, until water has been mostly absorbed. Test the grains and if they are still crunchy, add ¼ cup of water and cook for another 4 to 5 minutes repeating until the grains are almost tender and still a bit of moisture left in the pot. Remove from heat and let sit for 30 minutes. While the grains are cooking, roast the carrots and make the pesto. Heat oven to 425° F. Cut the carrots on the base in ¼" slices. Place in a roasting pan and toss until well coated with olive oil, pepper and salt. Roast until tender and starting to brown, 20 to 25 minutes. To make the pesto, place everything in a food processor. When carrots are done, remove from oven and toss with pesto. Add to the grains and serve with a sprinkle of toasted pepitas and cilantro.