



Simple | Healthy | Delicious

Super Grain Pilaf

INGREDIENTS

1 large onion, chopped
2/3 cup shredded carrot
2 tablespoons olive oil
1 garlic clove, minced
1/3 cup Nature's Earthly Choice Super Grain Blend
2 cups vegetable or reduced-sodium chicken broth
¼ cup Sherry, optional
1 teaspoon minced fresh oregano
1 teaspoon minced fresh basil
Salt and pepper to taste
1/3 cup minced fresh parsley
1/3 cup sliced almonds, toasted



DIRECTIONS:

1. In a large nonstick skillet, sauté onion and carrot in oil for 3-4 minutes or until the vegetables are crisp-tender.
2. Add garlic; cook 1 minute longer.
3. Stir in the Super Grain Blend; sauté for 4 minutes or until grains are lightly brown.
4. Gradually add broth and Sherry if desired. Bring to a boil. Reduce heat, stir in oregano, basil, salt and pepper. Cover and simmer for 40-45 minutes or until grains are tender and liquid is absorbed.
5. Stir in parsley and sprinkle with almonds.