

Rice Pilaf

Servings: 8

Source: Barbara Allen

Ingredients

- 4 cups Wild Rice (or Brown), Cooked (1 C Uncooked)
- 2 cups Quinoa, Cooked, (1 C Uncooked)
- 1 large Red Onion, Finely Diced
- 4 each Garlic, Minced
- 1 Bell Pepper
- 1 small Hot Red Pepper (or Jalapeno), Chopped
- ½ cup Celery, Diced
- 1 Carrot, Grated
- ½ lb. Fresh Mushrooms, Sliced
- 1 ounce Shitake Mushrooms, Soaked And Chopped
- 4 tbsp Pine Nuts, Toasted
- 1 Tart Apple, Chopped
- 2 tbsp Raisins
- 2 tbsp Oil
- 3 tbsp Fresh Herbs, Parsley, Rosemary, Cilantro Chopped

Method

Roast pine nuts in oven or top of stove. Rinse uncooked wild rice and quinoa thoroughly with cold water in strainer. Drain. Bring 6 c water to boil. Add a small amount of salt, if desired. Add rinsed grains to rapidly boiling water. Reduce heat to simmer and cook covered 45 min.

While grains are cooking, heat oil in skillet. Saute onions until nearly transparent. Add garlic, peppers, chopped herbs, raisins and apples. Combine all ingredients with cooked wild rice and quinoa. Toss gently, taste for seasoning and serve hot.

Notes

This dish may be prepared up to 4 hours ahead, then reheated gently.