



## **MIXED GRAIN PILAF WITH DRIED APRICOTS AND CALIFORNIA PISTACHIOS**

### **INGREDIENTS:**

1 tablespoon canola or vegetable oil  
¼ cup amaranth\*  
¼ cup quinoa\*  
¾ cup Basmati rice  
¼ cup millet\*  
½ cup dried apricots, chopped  
¾ teaspoon kosher salt, plus extra to taste  
Freshly ground pepper, to taste  
2 cups chicken stock  
1 cup water  
¾ cup California pistachios, lightly toasted

### **PREPARATION:**

Heat oil in a saucepan over medium heat. Add amaranth, quinoa, rice and millet and stir 1 to 2 minutes until grains are coated and hot. Increase heat to high. Add apricots, ¾ teaspoon salt, pepper, stock and water; bring to a boil. Reduce heat to low and simmer covered for 25 minutes until grains are tender and liquid is absorbed. Add California pistachios and fluff with a fork to mix. Season with salt and pepper to taste and serve hot. Serves 6.

\*Can be purchased at specialty markets like Whole Foods

### **NUTRITIONAL ANALYSIS (Amount per Serving):**

Calories 330, Total Fat 12g, Saturated Fat 1.5g, Monounsaturated Fat 6g, Cholesterol 3mg, Sodium 220mg, Potassium 430mg, Carbohydrate 46g, Dietary Fiber 5g, Protein 10g