

Mixed Grain Pilaf with Dried Apricots and California Pistachios

Yields 6 Servings

INGREDIENTS:

- 1 tablespoon oil (sunflower or grapeseed)
- 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:

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.

<http://pistachiohealth.com/health-care-professional/recipes/mixed-grain-pilaf-dried-apricots-and-california-pistachios>

NOTES FROM THE COOK: