



# Recipes

## Grains

### **Brown Basmati Pilaf**

*Prep Time: 5 minutes*

*Cooking Time: 30-40 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 cup brown basmati rice
- 2 cups water
- 1 teaspoon salt
- 1/2 cup dried cranberries
- 1/2 cup walnut pieces
- 1/2 cup fresh parsley, chopped

#### **Directions:**

1. Rinse rice in fine mesh strainer until water runs clear.
2. Boil water in a sauce pan. Add rice and salt. Cover and reduce heat.
3. After 15 minutes add cranberries and walnuts on top, do not stir.
4. Cook 15-20 minutes until all liquid is absorbed.
5. Remove from heat, add parsley and fluff with fork.
6. Cover and let sit for 3-5 minutes then serve.