

# Herbed Whole Grain Pilaf

4 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 1 cup whole grain medley or quinoa
- 2 cups water
- 1 Tablespoon extra virgin olive oil
- Juice of 1 lemon
- ½ cup golden raisins, chopped
- ¼ cup fresh dill, chopped
- ¼ cup fresh parsley, chopped
- ¼ cup fresh mint, chopped
- Salt and pepper, to taste

## DIRECTIONS

1. Rinse whole grain medley or quinoa under cold running water. Place grains in a medium saucepan and water. Bring to a boil, then reduce heat to simmer. Cover and cook for about 25 minutes, or until the water is absorbed and grains are cooked through.
2. Transfer grains to a large bowl and fluff with a fork. Stir in oil, lemon juice, raisins, and herbs. Season with salt and pepper and let sit 15 minutes before serving.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 36mg	<b>2%</b>
<b>Iron</b> 3mg	<b>15%</b>
<b>Potassium</b> 197mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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