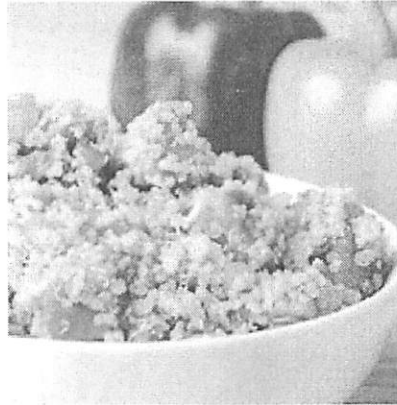


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Toasted Grain Pilaf

Description

Traditionally a Middle Eastern pilaf is made with white rice, but here we use a healthful grain, toasting it first to bring out its flavor, and mixing in aromatic vegetables to create a delicious, more nutritious dish.



Serves 6

Per serving:

Calories 153.9
 Fat 6.2 g
 Saturated fat 1.0 g (34.1% of calories from fat)
 Protein 4.2 g
 Carbohydrate 22.7 g
 Cholesterol 1 mg
 Fiber 3.0 g

This recipe is from *The Healthy Kitchen - Recipes for a Better Body, Life, and Spirit* (Hardcover) by Andrew Weil, M.D. and Rosie Daley (Knopf)

Ingredients

2 cups millet, quinoa, amaranth or a combination
 1/8 teaspoon curry powder (optional)
 4 cups chicken stock or vegetable stock (more, as needed)
 1/4 cup sun-dried tomatoes (dried in a package, not in oil)
 1/2 cup boiling purified water
 1/2 cup shredded zucchini
 1/2 cup shredded yellow summer squash
 1/4 cup minced red bell pepper
 1/4 cup chopped scallions or green onions
 Salt to taste



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Instructions

Toast the millet (or other grains) in a large saucepan set over low heat, stirring it constantly until it turns a light brown color, less than 1 minute. Stir in the curry

powder until it is blended in. Remove from heat and let cool for 5 minutes. Add the chicken or vegetable stock and bring to a boil. Reduce heat, cover, and simmer. Check after 20 minutes. If the stock has boiled away, add a little more. Cook until the millet has absorbed all the liquid, about 25 minutes in all.

Meanwhile, soak the dried tomatoes in the boiling water for 15 minutes. Drain them in a colander set over a bowl to reserve the liquid, then chop them. Mix the tomatoes, reserved liquid, zucchini, yellow squash, red pepper, and scallions or green onions together in a small skillet set over low heat and cook until most of the liquid is absorbed. Pour into the cooked grain and toss until everything is completely mixed together. Taste and add salt if you think it is needed. Fluff with a fork and serve.

Tips from Rosie's Kitchen

You can also make this recipe with brown rice, but the cooking time would increase to 45 minutes.

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