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
Serving size 1 cup

Amount per serving
Calories 220
% Daily Value*
Total Fat 5g 6%
  Saturated Fat 0.5g 3%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 10mg 0%
Total Carbohydrate 40g 15%
  Dietary Fiber 3g 11%
  Total Sugars 12g
  Includes 0g Added Sugars 0%
Protein 5g

Vitamin D 0mcg 0%
Calcium 36mg 2%
Iron 3mg 15%
Potassium 197mg 4%

*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.