

## Seven Grain Mediterranean Pilaf

From: Rex DuPuis

Serves: 5

2 cups cooked Kashi 7 Whole Grain Pilaf  
½ cups pine nuts, toasted lightly  
1 clove garlic, minced  
3 Tbsp extra virgin olive oil (EVOO)  
½ Tbsp balsamic vinegar  
¼ tsp lemon zest  
½ tsp crushed red chili flakes  
½ tsp salt  
¼ tsp cayenne pepper  
1 cups fresh basil, coarsely chopped  
¼ tsp fresh ground black pepper  
½ red bell pepper, diced  
½ yellow bell pepper, diced  
1 medium zucchini, diced  
¼ cups chopped Kalamata olives  
Optional: 1/3 cup crumbled feta cheese

In small bowl, whisk together the garlic, olive oil, balsamic vinegar, lemon zest, chili flakes, salt, cayenne and black pepper. Set aside.

In large bowl, combine cooked Kashi Pilaf, pine nuts, bell peppers, zucchini and olives. Add sauce and mix to combine well. Add fresh basil, feta if desired, and serve. If not serving fresh, it may be better to substitute dried basil – approx. ¼ cup.

To cook Kashi Pilaf:

Bring 2 cup chicken or vegetable broth to boil. Add 1 Tbsp turmeric.

Stir in 1 cup Kashi Pilaf. Cover.

Reduce heat to medium and cook until all water is absorbed (approx 25 min).

