

Lentil, Quinoa and Rice Pilaf

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1 medium onion, chopped

1 carrot, peeled and diced

2 cloves garlic, minced

1 TB olive oil

1/4 cup (dry) lentils, either brown or green

1/2 cup (dry) wild and white rice blend (or one or the other)

1/2 cup (dry) quinoa

1/4 cup dried cranberries

2 1/2 cups water or vegetable stock

1/2 cup chopped fresh basil leaves

1/4 cup toasted pine nuts

S&P to taste

In a large skillet with high sides, saute the onion, carrots and garlic in the olive oil until tender, about 5 minutes. Add in everything except the basil and pine nuts and bring to a boil. Cover and reduce heat to a simmer. Cook for 15 minutes, until all the liquid is absorbed. Taste to check that the grains and lentils are fully cooked. If they are still firm, add in a few more tablespoons of water and cover again. Just before serving, stir in the pine nuts and basil.