

## African Grey Pilaf

### A recipe for discriminating tastes

*By Pamela Clark, CPBC*

#### Ingredients:

1 cup quinoa (pronounced keen-wa)  
2 cups water  
grated carrots or yams  
whole corn kernels (cut from cob or frozen)  
grated zucchini or broccoli  
½ cup flax seeds  
½ cup ground walnuts  
½ cup raisins or currants  
1 teaspoon Udo's Oil blend (look at health food store for this)

#### Directions:

Bring water to a boil and add quinoa. After mixture has come to a boil again, cover and turn heat to medium-low. Cook for five minutes, then add carrots or yams. Cover again and cook for another 10 minutes or until liquid is absorbed. Turn into a bowl and mix with other ingredients. Feel free to experiment with this recipe. You can use almost any combination of fruits and vegetables. (Hint: the quinoa and shredded yams can be cooked together in a rice cooker also.)