



Simple | Healthy | Delicious

Three Grain Pilaf with Roasted Asparagus



INGREDIENTS

Grains

2 cups vegetable broth
2 cups water
1 tablespoon olive oil
¼ teaspoon sea salt
½ cup millet
½ cup Nature's Earthly Choice Quinoa
½ cup Nature's Earthly Choice Sorghum

Asparagus

1 lb. asparagus
1 medium shallot
2 teaspoons olive oil
¼ teaspoon salt

Salad

1/3 cup crumbled feta
¼ cup minced flat-leaf parsley
¼ cup Nature's Earthly Choice Hemp Seeds

Black Pepper Dressing

½ teaspoon black pepper
3 tablespoons olive oil
2 tablespoons champagne vinegar
1 teaspoon honey
¼ teaspoon salt

DIRECTIONS:

1. In a pot, bring water and vegetable broth to a boil with a pinch of salt and olive oil. Stir in Sorghum, reduce heat to low, cover, and let cook for 30 minutes. Stir in quinoa and millet, cover, and continue cooking for another 15 minutes, until water has been mostly absorbed. Test the grains and if they are still chewy, add ¼ cup of water and cook for another 1-2 minutes repeating until the grains are almost tender and still a bit of moisture left in the pot. Remove from heat and allow to rest, covered, for 10 minutes. While the grains cook, preheat oven to 400° F. Trim ends from the asparagus and cut into ½" pieces. Cut the shallots into thin slices and place the asparagus and shallots in a roasted pan. Toss with olive oil and salt. Roast for 20 minutes or so, until the asparagus is cooked and starting to char. Once grains and asparagus are done, toss the 2 to 3 cups of the cooked grains with the asparagus, feta, parsley, and hemp seeds. Whisk together the dressing ingredients, pour over the grain mixture and toss until well combined. Toss and add more salt as desired.