

Simplicity Learning Parent-Tot Pilaf

We enjoy this snack at our weekly parent-tot playgroups. It's simple and easy to modify for variations at home!

RECIPE

- 2 parts brown rice
- 1 part dried red lentils
- 1 vegetable bouillon cube
- 1 part minced carrots
- 1 part minced celery
- 1 part diced apples

1. Put rice, lentils, bouillon and 6 parts water in rice cooker and start.
2. Add carrots immediately following completion of cooker cycle and warm/steam for additional 3 minutes.
3. Unplug cooker, add celery and apples quickly, close lid for 5 more minutes.
4. Mix and serve.

Variations for a "pilaf of the day" recipe might include:

- sushi rice, millet, pre-soaked quinoa
- adzuki, chickpea, split pea
- different spice blends
- prune, fig, pear, raisin
- slivered cashew, almond, walnut

and you might even consider a routine for each day of the week as a staple for snack, lunch, or supper:

- *Monday:* Miso and Sticky Rice style
- *Tuesday:* Simplicity Learning style
- *Wednesday:* Moroccan style
- *Thursday:* Tex-Mex style
- *Friday:* Masala style

Changing the ingredients may alter the total cooking time and sometimes you will need to adjust the grain to water ratio or pre-soak larger legumes.

We serve our pilaf with carrot and celery sticks, pumpkin and sunflower seeds, coconut butter, spinach leaves, sea salt and black pepper.

Enjoy!

