

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!

INGREDIENTS

- 2 parts brown rice
- 1 part dried red lentils
- ½ part mixed pumpkin and sunflower seeds
- 1 vegetable bouillon cube
- 1 part minced carrots
- 1 part minced celery
- ½ part diced apples

DIRECTIONS

1. Put rice, lentils, seeds, bouillon and 7 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.

For “smooshy-er” veggies and fruit, add them before the end of the cooker cycle.

Variations for a “pilaf of the day” recipe might include:

- sushi rice, millet, pre-soaked quinoa
- adzuki, chickpea, split pea
- different spice blends (Moroccan, Tex-Mex, Masala)
- prune, fig, pear, raisin
- turmeric,
- slivered cashew, almond, walnut

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, salt and black pepper.



Enjoy!

Eating the Rainbow Salad

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

modified from a recipe by Martine Partridge: <http://eathealthrive.ca/eat-the-rainbow-salad-paleo-aip/>

"Tasty, nutrient-dense food excites me. I get effusive over recipes like today's Eat-The-Rainbow Salad, which is colourful and delicious and healthy. This recipe also makes a fairly large amount so is perfect for either entertaining or having on hand as an easy ready-to-go veggie dish that will carry you through a few meals."

INGREDIENTS

- 1 bag cauliflower rice
- 1/2 cup radish, chopped
- 1/2 cup carrot, chopped
- 1/2 cup celery, chopped
- 1/2 cup red cabbage, chopped
- 2 green onions, chopped

Dressing:

- 1/4 cup avocado oil
- 1 tume plum vinegar
- 1 t lemon juice
- 1 garlic clove, minced
- 1/2 t pepper
- 1 t dried oregano



DIRECTIONS

1. Saute cauliflower rice in fry pan with small amount of oil until al dente. Set aside to cool.
2. Mix dressing ingredients together in small mason jar.
3. Mix cooled cauliflower with other vegetables and dressing. Stir thoroughly.

Best chilled before serving up!

Curry Cashew Cauliflower

Shared by Jackie!

INGREDIENTS

- 1 head of cauliflower- cut into florets
- 1/2 cup cashew butter
- 2T coconut oil melted
- 2T curry powder
- 1/2 t salt
- 1/2 cup cashews roughly chopped

DIRECTIONS

1. Preheat oven to 400
2. Whisk together cashew butter, curry powder, coconut oil and salt.
3. Toss cauliflower and cashews into mixture.
4. Spread out cauliflower mixture in single layer on rimmed baking sheet or low pan.
5. Stir every 20 minutes until tender. Cook time around 50-60 minutes.



Enjoy!