



Apple Pilaf

Serves 6



Crisp apples, earthy leeks and nutty pecans make this pilaf a standoff.

Ingredients

- 1 cup Maine Grains Wheat Berries
- 1 Leek, white and light green parts, split, rinsed, thinly sliced and rinsed again
- 1 ¼ cup Low-Sodium Vegetable Broth
- 1 cup Apple Cider (non-alcoholic)
- 1 Honeycrisp Apple, peeled, cored and finely chopped
- ½ cup Chopped Pecans

Method

In a medium saucepan, combine rice, leek, broth and cider. Bring to a boil, stir once, lower heat, cover and cook at a bare simmer for 40 minutes. Sprinkle apple on top, cover pan again, and continue to simmer until liquid is absorbed and rice grains are very tender, 5 to 10 minutes more depending on rice varieties. Remove from heat and let stand, covered, about 5 minutes. Sprinkle with pecans and fluff with a fork.

Recipe Cited and Adapted from Whole Foods.