



Oat Cranberry Pilaf

A fun twist on pilaf, this dish is simple, nutritious, and flavourful.

Makes 8 Servings

Ingredients

- 1 tsp olive oil
- 1 small onion, diced
- 3 stalks celery with leaves, diced
- 1 clove garlic, minced
- ½ cup mushrooms, chopped
- 2 tbsp fresh parsley, chopped
- ¼ tsp turmeric
- 1 tsp marjoram
- ½ tsp black pepper
- 1/3 cup shelled pistachios
- 1 cup fresh whole cranberries (or canned)
- 1 tbsp pure maple syrup
- 2 cups vegetable broth
- 1½ cups old fashioned-oats

Steps

1. Heat oil in a large oven-safe skillet. Add onions, celery, and garlic, and sauté for 5 minutes.
2. Add mushrooms, parsley, turmeric, marjoram, black pepper, and pistachios, and sauté for an additional 3 minutes.
3. While vegetables are cooking, heat the oven to 350°F.
4. Add cranberries, maple syrup, broth, and oats, stirring until smooth.
5. Transfer skillet to oven and bake on top rack for 25 minutes, until golden and tender.

Nutrition Information

166 Calories | 26g Carbohydrates | 5g Fat | 1g Saturated Fat | 5g Fibre | 8g Protein | 160mg Sodium | 2g Sugar

Source: www.sharonpalmer.com