



Lemon Pecan and Flax Pilaf

Yield: 8 servings

Serving Size: ½ cup (125 mL)

Ingredients:

2 Tbsp. olive oil
½ cup finely chopped onion
1 cup Emmer
2 ¼ cups chicken or vegetable broth
¼ cup fresh lemon juice
1 Tbsp. grated lemon rind
1/8 tsp. turmeric
¼ cup toasted chopped pecans
¼ cup ground flaxseed
2 Tbsp. whole flaxseed

Procedure:

In a medium saucepan, over medium heat add olive oil and sauté onion until soft, about 2 minutes. Add Emmer and sauté 2 minutes. Slowly pour in broth. Add lemon juice, rind and turmeric. Bring to a boil, reduce heat to low. Cover and cook until rice is tender and all liquid is absorbed, about 45 minutes. Remove from heat, let stand covered 5 minutes.

Sprinkle pecans, ground flaxseed and whole flaxseed over the top. Mix well.

