



Kernza® Pilaf

Serves 4 to 6

Ingredients for the Pilaf:

1-1/2 cup whole grain Kernza®
½ cup chopped fresh parsley, plus more for garnish
¼ cup diced radish
½ cup diced carrot
¼ cup diced celery
¼ cup dried cranberries, optional
¼ cup chopped hazelnuts, optional

Vinaigrette

2 tablespoons apple cider vinegar
2 tablespoons maple syrup
2 teaspoons coarse mustard
1/3 cup hazelnut oil

Preparation:

Rinse the Kernza® in a colander under cold running water and transfer to a pot. Add enough water to cover the grain by 2 inches along with a generous pinch of salt. Set over high heat, bring to a boil, reduce the heat and simmer until the grain begins to open up, about 15 to 25 minutes. Drain off any excess water; transfer to a bowl and set aside.

In a glass jar with a lid, shake together the vinegar, maple syrup, and mustard, then add the oil and shake vigorously until thoroughly mixed.

Toss the parsley, radish, carrot, celery, dried cranberries, and nuts into the cooked Kernza®. Drizzle in just enough of the vinaigrette to generously coat the ingredients and serve. Cooked Kernza® grain stores nicely in the refrigerator for up to a week. Refrigerate any extra vinaigrette in a covered jar for up to 3 weeks.