

Rice & Quinoa Pilaf



Ingredients

1/2 cup rice
 1/2 cup quinoa
 1/4 cup butter
 4 oz. sliced mushrooms
 1 cup sliced green onions
 1 cup green peas
 1/2 cup sliced or slivered almonds
 1/2 tsp. Artisan Spice Blend

Directions

Cook rice and quinoa according to package directions. Meanwhile, melt butter in a sauté pan and add mushrooms and green onions. Sauté for 3-5 minutes.

Add the cooked rice, quinoa, nuts and Spice Blend. Continue to sauté until all ingredients are mixed together and warmed through. Just before serving stir in the peas.

Servings: 4

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	377
	% Daily Value*
Total Fat 19.2g	25%
Saturated Fat 8g	40%
Cholesterol 31mg	10%
Sodium 92mg	4%
Total Carbohydrate 42.7g	16%
Dietary Fiber 6.1g	22%
Total Sugars 3.7g	
Protein 10.6g	
Vitamin D 110mcg	550%
Calcium 79mg	6%
Iron 4mg	23%
Potassium 484mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**