



## 3 Whole Grain Pilaf

*Featuring Delavignes Mushroom & Sage Olive Oil*

### You Will Need:

- 2 cloves of garlic
- ½ medium onion
- ¼ cup minced bell pepper
- 2 ¼ Cups chicken stock
- 2+ Tablespoons **Delavignes Mushroom & Sage Infused Olive Oil**
- ¼ cup white quinoa
- ¼ cup pearl barley
- ½ rice
- 3 Table spoons pine nuts

### Instructions:

Mince onion, garlic & bell pepper. Sauté over medium heat with 2 Tablespoons of the Mushroom & Sage Oil until onions are translucent. Add the grains and stir continuously for 2 minutes, until they are lightly toasted. Add chicken stock & bring to a boil. Reduce heat, cover & simmer until the grains are tender. Remove from heat & drizzle with additional Mushroom & Sage Olive Oil & sprinkle with pine nuts.

**Visit The Olive Oil Factory at 197 Huntingdon Ave in Waterbury, CT or go to [GreatOil.com](http://GreatOil.com)!**