

Vermont Morning® Savory

OVEN PILAF WITH MUSHROOMS®

Although rice is the traditional main ingredient of pilaf, substituting whole grain Vermont Morning® makes a healthier and remarkably tasty accompaniment...or a main dish. The Parmesan cheese adds another flavor burst, but is optional if you are skipping cheese. You decide!

	For Two	For Four
Vermont Morning	1 cup	2 cups
Broth or Water	1 1/8 cup	2 1/4 cups
Dry White Wine (Optional. If using, reduce the broth or water by this amount.)	1/8 cup	1/4 cup
Salt (Optional)	1/4 tsp	1/2 tsp
Mushrooms - chopped	6	12
Onion - diced	1/4 medium	1/2 medium
Olive Oil	1 Tbsp	2 Tbsp
Freshly Shredded Romano or Parmesan Cheese (optional)	1/2 cup	1 cup

Notes: If using commercial broth, salt is not necessary. If using your own broth or water, determine your need for salt. Experiment with herbs and spices to create other flavors, other vegetables for different applications.

1. Bring broth and optional wine to boil, add onions, mushrooms, oil and simmer 5 minutes. Remove from heat.
2. Stir in Vermont Morning. Pour into a greased casserole dish or au gratin pan. Cover.
3. Bake for 15 minutes at 350 degrees. Test for doneness. You may want it dryer. OK to cook longer with the lid off. 20 minutes should be max.
4. Remove from oven. Sprinkle cheese and stir to mix.

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