

Quinoa Pilaf with Rosemary and Walnuts

1 Tbsp. extra virgin olive oil
1 red onion, peeled and chopped
1 red pepper, diced
1 zucchini, diced
2 cloves chopped garlic
½ cup quinoa
½ cup brown basmati rice
1 tsp. dried rosemary
1 tsp. celtic sea salt
2 Tbsp. Bragg's seasoning
1 large piece Kombu
2 cups filtered water
½ cup walnuts (toasted and chopped)
1 cup chopped parsley

Saute red onion, pepper and zucchini in extra-virgin olive oil over medium heat. Add garlic and rosemary. Stir in rice and quinoa and stir to toast the grains. Add water, sea salt, Bragg's and Kombu. Bring to a boil. Reduce heat to low and simmer for 30 minutes. Let stand 5 minutes. Remove from heat and stir in parsley and toasted walnuts.