

## **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.