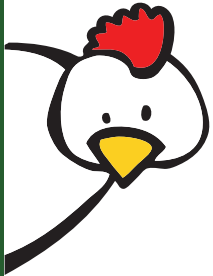


# MEATLESS MONDAY

"One day a week, cut out meat"

## rainbow foods



### Pignolia Pilaf

From the Yoga Way cookbook

#### Ingredients:

2 large onions, chopped  
4 tbs butter  
2 cups brown rice  
1/4 cup pignolia nuts, chopped  
1/4 cup green pepper, finely chopped  
1/2 cup fresh or frozen green peas  
1/4 cup currants  
2 tomatoes, peeled and chopped  
4 cups stock  
1/4 tsp sage  
1 tbs parsley, minced  
1/2 tsp allspice  
1/4 tsp cinnamon  
salt to taste

#### Instructions:

Sauté onions in butter until transparent. Stir in rice and nuts and fry for about 5 minutes. Add remaining ingredients. Cover with tight-fitting lid and cook over a very low heat until all liquid is absorbed, about 45 minutes.

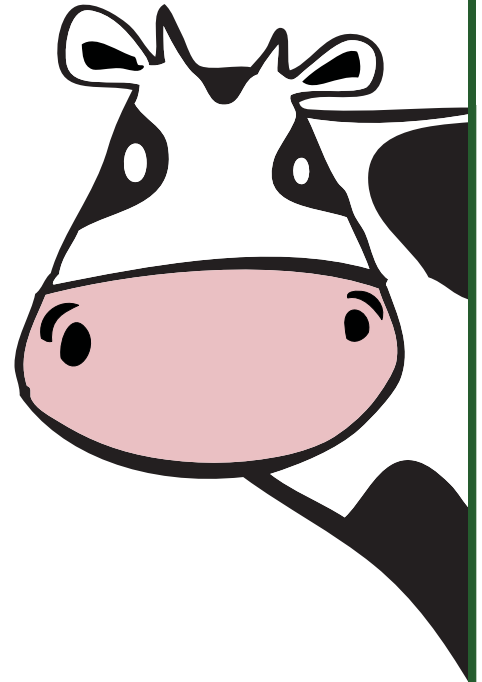
### Whose recipe is this?:

**Name:** Janet Kaplan

**Department:** Store Owner

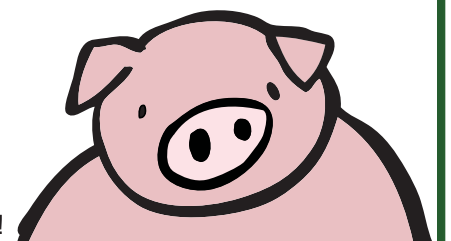
**How long have you been at Rainbow Foods?:** Over 33 years.

**Why did you choose this recipe?:** A quick recipe for the busy holiday season.



MM-D12

Read your food labels every time if you have allergies or diet restrictions!



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