



SAVORY HERBED HEMP HEART PILAF

By Dr. Cindy Tanzar
(Standard, Vegan & Vegetarian Plans)

This quick and easy recipe is very interesting! It takes protein-packed hemp hearts (found at most grocery stores or Amazon) and creates a tasty, savory “rice” pilaf. All clients can use this recipe. We have it pictured as a side dish with a vegetable, but you can also add it to Creamy Cauliflower Leek or Roasted Tomato Soups, etc. It would be delicious topped with Creamy Decadent Mushroom Sauce – just think outside the box. Hemp hearts are a nutty-flavored protein source, not a vegetable, so serving it with a protein would not work.

There are roughly 3.5 servings in this recipe. One serving equals 1/2 cup pilaf and covers your protein for one meal.



INGREDIENTS

Herb Seasoning Mix

- 3 Tbsp dried parsley flakes
- 2 Tbsp dried minced onion
- 4 tsp. dried basil



1 tsp. dried thyme
1 tsp. garlic powder

Hemp Heart Pilaf

1 shallot, finely diced (found by the garlic)
1 clove garlic, finely diced
1 Tbsp Kerry Gold butter
1-1/2 tsp. Herb Seasoning Mix
1-1/2 cups hemp hearts
1/2 cup chicken or vegetable broth

INSTRUCTIONS

Mix all the Herb Seasoning Mix ingredients together and set aside. (Remaining mix can be stored in a tightly-sealed container for up to a year.) It can be used in many dishes as a seasoning blend.

In a saucepan over medium heat, melt the butter and sauté the shallots for 2 minutes. Add the garlic and herb seasoning and sauté for 30 seconds.

Stir in the hemp seeds to coat well, then add the broth. Cook while stirring until broth is mostly absorbed and evaporated.