



Brown Rice Pilaf

Ingredients

1 1/2 cups brown rice

Salt, to taste

6 tablespoons butter, divided

16 ounces baby bella mushrooms, sliced

1 onion or 2 shallots, chopped

1/2 cup pecans, toasted and chopped

1/3 cup dried cherries

1 large apple, chopped (choose a variety with plenty of flavor like Honeycrisp, Snapdragon, or Pink Lady)

1/4 cup chopped Italian parsley

Black pepper, to taste

Instructions

Cook brown rice using your favorite method (stove top or oven baked)

In a cast iron skillet, saute the mushrooms over high heat. Stir them frequently until they release their liquid. When most of the liquid has evaporated, season with salt and add 2 tablespoons of butter. Cook for a few more minutes until the mushrooms are slightly browned. Remove them from the pan.

Add the chopped onion (or shallot) to the pan and another 2 tablespoons of butter. Saute the onion until caramelized. Remove the onion from the pan and put with the mushrooms.

In a pot or large pan, toss the brown rice, mushrooms, onion, pecans, cherries, apples, parsley, 2 tablespoons butter (optional), and black pepper over low heat until warm. Adjust seasonings to taste.