

Pamela Clark's African Grey Pilaf

This pilaf is not just for African Grey parrots. I find that this particular recipe appeals to a wide variety of parrots, including cockatiels and budgies. A search for Pamela Clark's African Grey Pilaf will turn up many variations of her recipe, all of them good. This is my go to recipe for pilaf.

- 1 cup Quinoa
- 2 cups Water

Bring water to boil and add quinoa. After mixture has come to a boil again, turn heat to medium and cook for 5 minutes.

- 2 cups grated Yams (or using food processor, finely chopped)

Add the yams, cover and cook for about 10 more minutes until liquid is absorbed.

- 1/2 cup finely chopped nuts: Brazil nuts; Almonds or Walnuts.
- 1/2 cup Unhulled Sesame Seed
- 1/4 cup ground flax seed (Optional)
- 2 cups finely chopped Vegetables and Greens: broccoli; kale; Swiss chard; turnip, mustard or collard greens; chayote, yellow or zucchini squash, sugar snap peas; etc.

You could also use 1 cup of the chopped greens and vegetables and 1 cup of frozen corn or frozen mixed peas and corn.

Add above ingredients to quinoa / yam mixture. Combine well, bag and freeze.

