

Quinoa Pilaf (4 servings)

- Two cups cooked Quinoa
- 1 small red onion thinly sliced
- 1/2 cup cut mixed vegetables such as green peas, beans, corn, and carrots)
- 1/4 cup cashew halves (optional), plus a few for garnish
- ¼ Teaspoon [Seven Happy Seeds Pilaf Spice](#)
- 2 Tablespoons dried Cranberries
- 2 Tablespoons finely chopped Cilantro, plus a few sprigs for garnish
- 2 Tablespoons Ghee (clarified butter)
- Salt to taste

1. Heat ghee on medium heat in a medium sauté pan. Add sliced onions and fry until lightly caramelized.
2. Add cumin seeds, vegetables, cashews, cranberries, salt, and Pilaf spice.
3. Add Quinoa and fold in all ingredients gently with a spatula.
4. Cover with a lid and let steam for 5 minutes on low heat, taking care to not burn the ingredients.
5. Serve with [Minty Cucumber Raita](#).