

## Millet Pilaf

Serves 6

### Ingredients:

1 package **Wellness Forum Health's "Meatloaf" Mix**  
1 small onion, diced  
1 small leek  
1 small zucchini  
1 8-ounce package sliced mushrooms  
½ cup toasted slivered almonds  
Sea salt and black pepper, to taste  
1 cup fresh basil, chopped

### Instructions:

- Cook the meatloaf mix in 4 1/2 cups of water in a 2-quart saucepan with a tight fitting lid for 20 minutes over medium heat until the millet is tender
- While the meatloaf mix cooks, sauté the onion, leeks, and mushrooms for about 8 minutes until the onions are tender and start to brown. Add water 1 to 2 tablespoons at a time as needed to keep the vegetables from sticking.
- When the millet is tender and the water is absorbed, stir in the vegetables, salt and pepper to taste, and the chopped fresh basil.
- Cook for a couple of minutes longer, stirring then remove from heat, and stir in almonds.

If the millet is clumpy after cooking stir in another 1/4 cup of hot water before serving.