



**Serves 4**

**Preparation Time: 25 minutes**

**Cook Time: 35 minutes**

**INGREDIENTS:**

½ cup wild rice

1 medium onion, peeled and diced small

1 medium carrot, peeled and grated

1 small red bell pepper, seeded and diced small

3 cloves garlic, peeled and minced

1 tablespoon grated ginger

1½ cups chopped green cabbage

1 cup cooked chickpeas

1 bunch green onions (white and green parts), thinly sliced

3 tablespoons chopped cilantro

Salt and freshly ground black pepper to taste

## Wild Rice, Cabbage and Chickpea Pilaf

This recipe came about like a lot of my recipes: I had leftover ingredients in the fridge that needed to be used, and they all ended up in the same pan. When a dish succeeds with leftovers, it generally becomes even better when prepared with fresh ingredients.

From *Forks Over Knives — The Cookbook*

Find this pilaf recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Bring 2 cups of water to a boil in a large saucepan. Add the wild rice and bring the water back to a boil over high heat. Reduce the heat to medium and cook, covered, for 55 to 60 minutes. Drain off any excess water and set aside.
- 2 Heat a large skillet over a medium heat. Add the onion, carrot, and red pepper and sauté the vegetables for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- 3 Add the garlic and ginger and cook for another minute. Add the cabbage and cook for 10 to 12 minutes, or until the cabbage is tender. Add the chickpeas, green onions, and cilantro. Season with salt and pepper and cook for another minute to heat the chickpeas. Remove from the heat, add the cooked wild rice, and mix well.