

Colourful Corn

- 1 Tbsp Butter
- 2 cups Frozen Corn Kernels.
- 16 Asparagus Spears, cut into ½ inch lengths
- 1 Red Bell Pepper, coarsely chopped

In a large skillet, melt the butter over med-high heat. Saute the thawed corn, asparagus and red pepper for 5-7 minutes or until vegetables are starting to brown and are tender but not mushy. Salt and Freshly Ground Black Pepper to Taste.

Hot Mushroom Rice Pilaf

- 1 pkg dried mushrooms (porcini, morel, chanterelle, etc.)
- 2 Tbsp vegetable oil
- 2 cloves garlic finely chopped
- 1 leek, finely chopped
- 1 cup diced carrots
- 1 tsp dried thyme
- 1 1/3 cup brown basmati rice
- 2/3 cup wild rice
- ½ tsp salt
- ¼ tsp black pepper
- 1 ½ cup low sodium chicken stock
- 1 ½ cup water
- ¼ cup chopped fresh parsley
- ¼ cup finely chopped red bell pepper.

Soak mushrooms in 1 cup boiled water for 30 minutes. Strain through sieve; reserve ½ cup of the soaking liquid for gravy. Chop the mushrooms.

In a skillet, heat oil over medium heat; fry garlic, leek, carrots, thyme and mushrooms, stirring occasionally, until leeks are soft; about 5 minutes.

Stir in the basmati rice and wild rice. Add stock and water, scraping loose any brown bits from bottom of skillet; bring to boil. Reduce heat, cover and simmer until rice is tender and liquid is absorbed, about 40 minutes. Stir in parsley and red pepper.

