



The Birkett Mills Recipes

The Birkett Mills © 2014

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Side Dishes: Kasha Pilaf With Eggplant & Tomatoes

Another delightful kasha dish.

Serves: 6 portions

Ingredients

1 cup whole kasha
1/4 cup olive oil
1 1/2 cups peeled, diced eggplant
2/3 cup chopped onion
1 tablespoon minced garlic
2 cups chicken or vegetable broth
1 cup diced tomato
1/3 cup pitted, sliced kalamata olives
1/2 cup torn basil leaves

Directions

In a 12-inch skillet, place kasha; cook and stir over medium-high heat until fragrant, about 2 minutes; remove to a bowl.

Heat oil in the same skillet; add eggplant, onion and garlic; cook and stir until onion is tender, about 3 minutes. Add chicken broth; bring to a boil; stir in toasted kasha.

Cover and reduce heat to medium-low; cook until liquid is absorbed, about 9 minutes. Let stand 3 minutes. Stir in tomato and olives. Transfer to a bowl and sprinkle with basil. Serve with grilled lamb chops, if desired.