

Recipe

Amaranth and Mushroom

Serves 4

1 cup amaranth; uncooked
1 cup leeks; sliced
½ cup green peppers sliced
½ cup whole wheat bread crumbs
½ cup pumpkin seeds; toasted
1 tablespoon olive oil
½ cup mushrooms; sliced
1 teaspoon Soy sauce
½ cup scallions; sliced

1. Rinse and drain amaranth.
2. Dry roast amaranth in a heavy skillet over medium heat for 5 minutes.
3. Bring 3 cups water and salt to a boil.
4. Stir in amaranth and return to a boil.
5. Lower heat, Cover and simmer for 35 minutes or until all water is absorbed, stirring occasionally.
6. Heat a skillet and brush generously with olive oil.
7. Add leeks and sauté for 5 minutes.
8. Add mushrooms and peppers and sauté for 10 minutes, stirring often.
8. Sprinkle with soy sauce and one teaspoon water. Sprinkle breadcrumbs over top of vegetables.
9. Place amaranth on top of crumbs.
10. Cover and heat through.
11. Stir to combine all ingredients, place in a serving dish and garnish with scallions and pumpkin seeds.

Tip: Edible young leaves and stems are cooked like spinach. The amaranth family has many groups of plants found in various regions in the world. The following varieties are the most popular leafy amaranths grown in Asia. Soft texture and tender leaves are excellent for stir-fry and soup.

Nutrition Facts: Serv. size: 156g; Calories: 220; Fat: 13g; Fiber: 3g

Source: "Oriental Vegetables", by Joy Larkcom

