

Wild Rice & Mushroom Pilaf with Steamed Garden Veggies

Serves: 2–3 | **Prep Time:** 15 min | **Cook Time:** 35–40 min

Why It Works for MCS:

- Wild rice is very well-tolerated — naturally gluten-free and minimally processed.
- Mushrooms provide a hearty umami flavor **without needing garlic, onions, or seasoning mixes.**
- Uses **local greens and squash** that are fresh and gentle for people with sensitivities.
- No processed sauces, spices, or acidic ingredients.

Ingredients

Wild Rice Pilaf:

- 3/4 cup **wild rice** (or wild rice blend)
- 2 1/4 cups **filtered water**
- 1 tbsp **cold-pressed olive oil** or filtered water for sautéing
- 1 cup **organic cremini mushrooms**, cleaned and sliced
- 1 **celery stalk**, finely chopped (*optional – omit if sensitive*)
- 1/4 tsp **dried thyme**
- 1/4 tsp **Himalayan pink salt**
- 1 tbsp **chopped flat-leaf parsley** (fresh or dried)

Steamed Veggies:

- 1 small **yellow zucchini** or **pattypan squash**, sliced
- 1 cup **green beans** or **broccoli florets**
- Optional: a few slices of **steamed turnip or parsnip** for added earthiness

Simple Sunflower Butter Sauce (*Optional*)

- 1 tbsp **sunflower seed butter**
- 1–2 tbsp **filtered warm water**
- Pinch of **salt**
- Optional: a dash of **roasted sesame oil** (if tolerated)

Whisk together until smooth and drizzle over vegetables or rice.

Instructions

1. **Cook the wild rice:**

In a saucepan, bring wild rice and water to a boil. Reduce heat, cover, and simmer for 35–40 minutes or until the grains split and are tender. Drain any excess water.

2. **Prepare mushrooms:**

In a stainless steel or ceramic pan, heat olive oil (or water) on medium. Sauté mushrooms (and celery if using) until soft and slightly golden — about 7–10 minutes. Add thyme, salt, and parsley.

3. **Combine rice & mushrooms:**

Fold the mushroom mixture into the cooked rice. Cover and keep warm.

4. **Steam vegetables:**

In a steamer basket, cook sliced zucchini and green beans for 5–7 minutes until tender-crisp.

5. **Plate & serve:**

Serve a scoop of wild rice pilaf with steamed vegetables on the side. Drizzle sunflower butter sauce if using, or garnish with extra herbs or hemp seeds.

This hearty dish brings together the best of summer produce in a way that's both comforting and mindful of our bodies. Enjoy!