

## Santa Fe Pilaf

Yield: Aprox. 5

Time: 25 min

### Ingredients:

1 cup cracked wheat  
1 ¼ cup water  
1 small Zuccinni  
1 small Yellow Squash  
1 ear of corn  
1 small roma tomato  
¼ onion, small diced  
¼ red pepper, small diced  
¼ green pepper, small diced  
½ Jalapeno, small diced  
1 Garlic clove, Minced  
½ can black beans, drained and rinsed  
½ lime, juiced  
1-2 Tbsp Vegetable oil  
1-2 Tbsp chili seasoning

### Instructions:

1. Bring water to boil, when rolling boil is achieved pour in cracked wheat. Mixing once with a fork, then remove from heat and cover for 10 minutes. Add salt, pepper, and olive oil(optional) to taste. **PREP**
2. Dice all vegetables, small diced, mince garlic, shuck corn from husk, and separate corn from cob. Leave tomatoes separate, they will be added last.
3. Add vegetable oil to skillet on medium heat, and add onions. Cook until fragrant. **SWEAT**
4. Then add, black beans, garlic, corn, and jalapeno, cook until corn goldens.
5. Fold in squash and zucchini, lime juice, and chili seasoning (to taste). Cook until softened apx, 10 minutes.

6. Combine the cooked cracked wheat, cold tomatoes, and cooked vegetable mixture together **COMBINE**
7. Salt and pepper to taste.