



## Amaranth with Peppers and Cabbage

(Adapted from *The Latin American Kitchen* by Elisabeth Luard)

**Yield: 4 servings**

### Ingredients

- 1 cup amaranth grains
- 2 cups water
- 2 garlic cloves, minced
- 4 poblano or 2 green bell peppers, cored, seeded, and diced
- 2 tablespoons extra virgin olive oil
- ¼ head purple cabbage, chopped into long shreds
- Salt and pepper to taste



### Directions

1. Bring the water to a boil, stir in the amaranth, put the lid on loosely, turn down the heat and simmer for 30-35 minutes, until soft, swollen and tender. Remove from the heat and allow to stand for 15 minutes, with the lid still on, to swell more.
2. Meanwhile, in a large shallow pan, gently fry the garlic and diced peppers in the oil until the vegetables are soft. Add the cabbage, season with salt and pepper, and put the lid on to cook for 5 more minutes. Gently stir in the amaranth grains, reheat and serve.

### Nutrition Information

Calories: 275, fat:10g, sodium: 62mg, carbohydrate: 40g, fiber: 6g, protein: 8g