

Sunflower Seed Casserole

2 large onions, chopped ½ cup minced parsley
½ lb sliced mushrooms ¼ tsp ginger
¼ cup oil 1 cup sunflower seeds
1 cup diced celery cooked brown jasmine rice

Sauté the onions and mushrooms in the oil. Add the celery, parsley, and ginger. Cover and cook ten minutes over low heat. Remove from stove and stir in the sunflower seeds. Toast and salt them first if you're using raw sunflower seeds.

Layer over a bed of cooked brown rice.

Adapted from *Golden Harvest Sunflower Seed Recipes* (1972).