



*Chinese Medicine  
Clinic, Inc.*

## Liver Qi Stagnation Recipes

### **Mid-East Pilaf**

3 c Hot cooked rice  
1 tb Vegetable oil  
1 md Onion; chopped  
1 c Chopped dried apricots  
1 tb Brown sugar  
2/3 c Cashew bits or halves  
1/3 c Raisins  
1/4 ts Salt  
1/4 ts Ground cinnamon  
1/4 ts Cracked black pepper  
1/8 ts Cardamom  
1/8 ts Ground cloves  
1/3 c Apple juice

1. Heat oil in large skillet over medium-high heat.
2. Sauté onion with brown sugar 3 to 5 minutes or until onion is golden brown.
3. Add cashews and raisins; sauté 2 to 3 minutes until nuts begin to brown and raisins plump.
4. Add rice, apricots, salt, cinnamon, pepper, cardamom and cloves.
5. Stir in apple juice. Heat thoroughly and serve.

Makes 6 servings