



VIBRANT HEALTH INTEGRATIVE NUTRITION

Black Rice

Serves 4-6

YOU WILL NEED

- * 2-3 tsp avocado or coconut oil; or butter
- * 1 cup black rice
- * 1/4 tsp salt, plus a sprinkle to finish
- * 2 cups water, bone broth, chicken stock or vegetable stock



INSTRUCTIONS

- * Heat the oil or butter in a saucepan or medium-sized dutch oven.
- * Toss in the rice and salt, stirring well to coat the grains of rice with the oil or butter.
- * For the next 4-7 minutes, toast the grains, stirring frequently. Be careful not to burn the rice. You want a gentle, fragrant toast to the grains.
- * Add the liquid, and bring to a boil.
- * Reduce heat to low; cover, and simmer for 35 to 40 minutes, or until rice is tender and the liquid is absorbed.
- * Once the rice is cooked, allow it to sit (covered) for 10 minutes or more.
- * Fluff with a fork, add a pinch of salt to taste, and you are ready to serve!

(Please see next page for garnish options)

TOP TIP

Rice comes in many varieties—white, brown, wild, red, black—including one of my favorites: "black japonica" rice. It's a heartier grain—without an overpowering flavor—for a satisfying addition to any meal. Nutritionally, the deep black, purplish hue reflects its high antioxidant components, even more per spoonful than blueberries. Black rice is an excellent source of fiber, helps maintain steady blood sugar levels, is a good source of protein and iron, and an all-around excellent example of a nutrient dense food. Give it a try! Or simply adapt this recipe to *your* favorite rice variety by adjusting cooking times and rice to liquid measurements, as indicated on package instructions.

Enjoy!



GARNISH OPTIONS:

* chopped scallions, red onion, or shallots

* lime wedges

* chopped parsley or cilantro

* Nuts or seeds add an amazing crunch! Add in your favorites: cashews, walnuts, pecans, sunflower or pumpkin seeds.