

## Green Rice

 Gluten-free, vegetarian, vegan

*This a great-tasting way to incorporate more greens into everyday meals!*

### Ingredients:

1 cup brown rice

6 tablespoons olive oil

4 garlic cloves, minced

1 tablespoon lime or lemon juice

salt to taste

2 handfuls spinach or ½ bunch kale, finely chopped

6 scallions, minced (or other small onions)

½ bunch fresh cilantro, finely chopped

1. Bring 2 cups water to a boil and add rice.
2. Stir gently, cover, and simmer slowly until the rice is tender.
3. Leave the rice covered to keep the steam in, making the rice fluffy.
4. Transfer rice to a large mixing bowl.
5. Add the olive oil, garlic, lime juice, cilantro, spinach, scallions, and salt.
6. Mix thoroughly until greens are wilted and serve.

