
Rainbow Veggie Rice

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com.

2 cups cooked or leftover brown rice or Multi-Grain Pilaf or Lundberg Wild Rice Blend
1 stalk celery, diced
1/2 medium red onion, peeled and diced
1 carrot, peeled and diced
1/4 red bell pepper
1/2 cup frozen cut-leaf spinach, thawed
1/2 cup frozen broccoli florets, thawed and chopped
1/4 cup frozen corn
1/2 cup frozen green peas
1/2 teaspoon onion powder
1/2 teaspoon tarragon
1/2 teaspoon Mrs. Dash Tomato Basil Garlic Seasoning Blend or another salt-free seasoning
1/4 teaspoon salt
1 tablespoon olive oil

Cook rice if you don't have leftover rice. (To cook 1 cup brown rice, use 2 cups water plus 1 teaspoon Organic Better Than Bouillon Chicken Base.)

Dice all of the fresh vegetables about the same size and place in bowl. Remove stem, seeds and membrane, and dice bell pepper.

In another bowl, measure out the frozen spinach, broccoli, corn and green peas.

In small dish, measure the onion powder, tarragon, seasoning and salt.

In skillet over medium heat, saute celery, onion, carrot and bell pepper with a tablespoon of oil until tender.

Add spinach, broccoli, corn and peas. Saute until heated. Add rice and seasoning and saute a few minutes more until warmed.

VARIATIONS: Add cubed, baked tofu; leftover chicken; or legumes/beans, such as garbanzo, black or kidney. Vary the vegetables to whatever you like or have available.

Salads/Side Dishes
