

Forbidden Rice and Vegetables

Ingredients

1½ cups	forbidden black rice	¼ cup	pecans, pan-toasted
3 cups	water	¼ cup	green onion, thinly sliced
2 cups	vegetables of choice, finely chopped	2 tbsp.	sesame oil
¾ cup	low-fat honey-dijon salad dressing	¼ tsp.	cayenne pepper
		¼ tsp.	black pepper

Directions: Place rice and water in a medium pot. Cover with a tight-fitting lid. Bring to a boil, then reduce heat and simmer 30 minutes. Don't peek! Stir cooked rice to break up clumps. Set aside to cool in a large bowl. Meanwhile, cook the vegetables in the two tablespoons of sesame oil. Cool. Combine the vegetables with half of the salad dressing. Add vegetables to cooked rice and stir gently, adding the remainder of the dressing. Mix in toasted pecans and green onions. Season to taste with cayenne and black peppers. Serve chilled or at room temperature.

Nutrition: Calories: 210, Total Fat: 9, Cholesterol 0mg, Sodium 157mg, Carbohydrate 31g, Protein 5g

Number of servings: 8