

Nutty Brown Rice

4 cups water
1 ½ cups short grain brown rice
3 Tbsp unsalted butter
1 ¼ cups mixed nuts (ie. walnuts, cashews, sunflower seeds and almonds)
¼ tsp grated nutmeg

Instructions

Bring water to a boil in a heavy medium saucepan.

Add rice and ¼ tsp salt. Reduce heat to low and simmer, uncovered, until rice is tender, about 40 minutes. Drain.

Heat butter in a large heavy skillet over medium heat until foam subsides, add nuts and cook, stirring, until butter and nuts are golden brown, about 4 minutes. Add rice and nutmeg to skillet and toss to coat.



Walnuts, the nut with the highest antioxidant activity, are one of the few rich sources of plant-derived omega-3 fatty acids (called alpha linolenic acid, or ALA). Rich in plant sterols, they are a good source of fiber and protein, as well as magnesium, copper, folate, and vitamin E.

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