



BLUEBERRY BROWN RICE



Ingredients:

- 2 cups cooked brown rice
- 1 cup fresh blueberries
- 1 small or medium cucumber, diced
- 1/2 cup dried cranberries (or raisins)
- 1 tbsp. oil
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 2 tbsp. green onion, chopped (optional)
- 2 tbsp. fresh basil, chopped (optional)

Directions:

1. In a small bowl, whisk together oil, salt, and pepper.
2. In a large bowl, combine the cooked rice, cucumber, cranberries, and green onion. Stir well.
3. Add the dressing to the rice mixture and stir again. Gently fold in the fresh blueberries.
4. Add the chopped basil and serve at room temperature or chill for a few hours, then serve.

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Materials

Cutting board
Measuring spoons
Measuring cups
Large bowl
Mixing spoon

Nutrition

Brown rice is a whole grain that keep you fuller, longer. It allows you to stretch a meal!

This recipe serves: 4

Chef's Tips

Don't like basil? Try adding mint, oregano, or thyme instead.

If blueberries are not in season or available, try red grapes, dried cherries, or even canned fruit such as peaches. Frozen blueberries can also be used in this recipe. Just thaw before using.

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