

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Bay Flavored Brown and Wild Rice

From Penzey's spice catalogue

Serves 4

1 cup brown rice

3 TB. Wild rice

2 ¼ cups chicken stock or water

2-4 Bay leaves

¼ shallots (about 1 large) or onion, finely minced

1 tsp. butter

½ tsp. salt (optional - add if cooking the rice with water)

In a 2 quart saucepan, sauté shallots in butter until very lightly browned. Add brown and wild rice plus chicken stock or water, salt and bay leaves. Bring to a rapid boil, cover, reduce heat to very low and simmer for 45 minutes. Don't remove the cover until 45 minutes are up, then fluff with a fork. If any liquid remains, stir lightly, and then continue to cook over low heat for approximately 5 more minutes.