

Curried Brown Rice With Pumpkin Seeds, Apricots and Spinach

October 2022 Recipe



Makes: 4 servings

Ingredients

1 cup short-grain brown rice (uncooked)
1 Tbsp. olive oil
2 garlic cloves (chopped)
1 red onion (peeled and finely chopped)
1 Tbsp. curry powder
2 cups fresh spinach (chopped)
2 cups low-sodium vegetable or chicken broth
Salt and black pepper to taste
1 cup dried apricots (chopped)
½ cup pumpkin seeds (toasted)

Nutritional information for 1 serving

Calories	463
Total fat	19 g
Saturated fat	3 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrate	64 g
Dietary fiber	8 g
Total sugars	20 g
Added sugars included	0 g
Protein	15 g

Directions

1. Rinse the rice well.
2. Heat the oil over medium heat in a large, heavy saucepan.
3. Add the onions and garlic and cook for three to four minutes. Then stir in the curry powder.
4. Add the rice and broth and bring to a boil over high heat.
5. Reduce the heat, cover and simmer for 30 to 45 minutes until the liquid is absorbed.
6. Remove from heat and stir in the apricots and spinach.
7. Replace cover and let sit for 10 minutes.
8. Add the pumpkin seeds, salt and black pepper and fluff with a fork. Add more curry if desired.
9. Serve immediately.