



Let's cook something delish!

Makes: 4 Servings
Serving size: 1 Cup

Curried Brown Rice with Pumpkin Seeds, Apricots and Spinach

Ingredients

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

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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, pepper (and more curry if desired) and fluff with a fork.
9. Serve immediately.

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Calories: 476, Total Fat: 19 g, Saturated Fat: 3 g, Cholesterol: 0 mg, Sodium: 152 mg, Total Carbohydrate: 67 g, Fiber: 9 g, Total Sugars: 21 g, Protein: 15 g, Calcium: 102 mg, Iron: 5 mg, Potassium: 500 mg

Source: MyPlate, myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/curried-brown-rice-pumpkin-seeds-apricots
Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.