



Simple | Healthy | Delicious

Black Rice with Cranberries, Carrots, and Ginger



INGREDIENTS

3 tablespoons olive oil
2 tablespoons finely minced ginger
1 cup diced fresh oyster or shiitake mushroom caps
3 medium carrots, cut into ¼-inch dice
Salt and pepper, to taste
3 cups cooked Nature's Earthly Choice Black Rice
1 cup fresh orange juice
1 cup dried cranberries

DIRECTIONS:

1. Preheat the oven to 325 degrees. In a large skillet, heat oil over medium heat, swirling pan to coat. Add ginger; cook until fragrant, about 30 seconds. Add mushrooms and sauté for 1 minute.
2. Add the carrots, onion, celery; season with salt and pepper. Stir-fry until vegetables are tender, about 5 minutes. Stir in the rice, orange juice, and cranberries. Toss to mix well.
3. Pour the rice mixture into a 9-by-13-inch baking dish. Cover loosely with foil; bake until heated through liquid has evaporated, about 30 minutes.