



Simple | Healthy | Delicious

Caribbean Black Rice

INGREDIENTS

1 cup Nature's Earthly Choice black rice
2 cups water
2 Tbsp lemon juice
2 tsp olive oil
½ tsp ground cinnamon
1/3 tsp ground all spice
¼ tsp cayenne pepper
½ tsp salt
⅓ tsp ground black pepper
1 tsp honey
⅓ tsp dried thyme
½ cup chopped pecans
½ red bell pepper, coarsely chopped
⅓ cup chopped onion (red or white)
2 mangoes, peeled and chopped into small cubes



DIRECTIONS:

1. Bring water a boil, then stir in rice. Cover and cook for 40 minutes, until rice is tender and water is absorbed. Transfer to a large bowl. Fold in red pepper and onion.
2. Whisk together lemon juice, oil, honey, and spices. Fold mixture into rice mixture. Transfer bowl to refrigerator and chill for at least two hours.
3. Prior to serving stir in pecans and mangoes.