



Simple | Healthy | Delicious

Cumin-Scented Quinoa and Black Rice

INGREDIENTS

½ cup Nature's Earthly Choice black rice
½ cup Nature's Earthly Choice red quinoa, rinsed well
1 bay leaf
¼ teaspoon kosher salt plus more
4 tablespoons extra-virgin olive oil, divided
1 small onion, finely chopped
3 large garlic cloves, minced
2 teaspoons cumin seeds
3 tablespoons fresh lemon juice
¼ cup chopped fresh cilantro
¼ cup chopped flat-leaf parsley
2 tablespoons 1" pieces chives
Freshly ground black pepper
1 avocado, peeled, pitted
1 lemon, cut into wedges



DIRECTIONS:

1. Bring a rice and 1 cup water to a boil in a small saucepan. Cover, reduce heat to low, and cook until water is absorbed and rice is tender, 25-30 minutes.
2. Meanwhile, combine quinoa, bay leaf, ¼ teaspoon salt, and 2 cups water in a medium saucepan. Bring to a boil. Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes. Drain; return quinoa to hot saucepan. Cover and let sit for 15 minutes. Discard bay leaf, fluff quinoa with a fork, and transfer to a large bowl.
3. Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until soft, about 8 minutes. Add garlic and cumin and cook, stirring often, for 2 minutes. Add to quinoa. Add rice; mix well. Stir in remaining 2 tablespoons oil, fresh lemon juice, cilantro, parsley, and chives. Season to taste with salt and pepper. Cut avocado into wedges. Serve salad with avocado and lemon wedges.