



body+soul

Forbidden Rice with Cranberries, Carrots, and Ginger

Prep: 35 minutes Total: 1 hour 15 minutes

Once eaten only by emperors in China, black-grain Forbidden Rice can be found in natural-foods stores. You can be creative with this recipe by adding chopped nuts, such as almonds, pecans, or toasted pine nuts. For more color, garnish with chopped parsley.

Per serving: 388 calories; 8 g protein; 8 g fat; 77 g carbs

INGREDIENTS

- 3 tablespoons olive oil
- 2 tablespoons finely minced ginger
- 1 cup diced fresh oyster or shiitake mushroom caps
- 3 medium carrots, cut into 1/4-inch dice
- 1/2 cup minced onion
- 2 celery stalks, cut into 1/4-inch dice
- Salt and black pepper, to taste
- 3 cups cooked Forbidden Rice, cooked according to package instructions
- 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 saute 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 and liquid has evaporated, about 30 minutes.

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