

Spinach & Brown Rice Risotto

- 1 pound spinach, chopped
- 2 stalks green garlic, minced
- 1 bunch green onions, minced
- 2 Tbs. olive oil
- 2 Tbs. butter
- 1 tsp. dried sage
- 2 cups vegetable broth, heated
- 1 cup brown rice
- ½ cup grated parmesan cheese

In a large pan, heat the garlic, onions, olive oil, butter, and dried sage until hot. Add in the brown rice, and sauté for 5 minutes on high heat, stirring constantly. Add in the vegetable broth, bring to a boil, cover with a lid, reduce heat to low, and simmer for 40 minutes. After 40 minutes, add in the spinach and parmesan cheese, stir well, cover again with the lid, and turn off the heat. Let sit for 10 minutes to wilt the spinach and to give the rice time to finish steaming.

Serves 2 as a meal or 4-6 as a side dish.