



Vegetable Rice Pilaf



Serving
10



Prep
20–30 Minutes



Cook
20 Minutes



Contributer
Anisha Mahajan PhD (c), MPH,
RD, CDE

- 3 tbsp Extra virgin olive oil
- $\frac{3}{4}$ tsp Garlic, minced
- $\frac{1}{2}$ tsp Ginger, puréed
- 1 tbsp Spice paste (used Patak's Madras spice paste)
- $\frac{1}{4}$ tsp Salt or to taste
- 1 cup Spinach, chopped (used frozen)
- 1 $\frac{3}{4}$ cups Mixed Vegetable (used frozen peas, carrots, corn, green beans and lima beans)
- 1 $\frac{1}{2}$ cups Basmati rice
- 4 cups Water
- To taste Coriander leaves (optional garnish)

1. Over medium heat, mix olive oil with garlic and ginger in a large pot.
2. Microwave the frozen spinach and mixed vegetables for 3-5 minutes, until thawed.
3. Add the vegetables from Step 2 into the pot containing the garlic, ginger and oil.
4. Wash the rice with water to remove any residue. While the above are cooking over medium heat, in a separate container, add water to rice. Then transfer the rice to the items mixed in Step 3.
5. Increase the heat to high until the mixture boils and cover the pot. Cook the rice for approximately 20 minutes to ensure that water has disappeared from the bottom of the pot.
6. This is a side dish and is served warm.

Variation

For this recipe, you can add any type of vegetables or spices other than the ones used here. You can also add soybeans to this or firm tofu to increase the protein content overall. The type of spice paste can vary also based on one's taste preference. This dish can be served with savory or plain yogurt or lentil curry or a meat curry. This can be stored in the refrigerator and can be used for 48 hours after cooking.



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