



Ingredients

- ✓ 1 cup forbidden black rice
- ✓ 2 cups vegetable stock
- ✓ 1-1/4 cups chopped broccoli (about 1 small head)
- ✓ 1 cup finely chopped beet greens or kale
- ✓ 1 ripe avocado, diced into 1/2 inch pieces
- ✓ 1 yellow sweet bell pepper, seeded, diced into 1/2 inch pieces
- ✓ 1/3 cup chopped scallions/green onions
- ✓ 2 tsp. finely chopped garlic (about 2 cloves)
- ✓ 3 Tbsp. extra virgin olive oil
- ✓ 2 Tbsp. fresh lime juice
- ✓ 1 Tbsp. apple cider vinegar
- ✓ 1/2 tsp. salt or more to taste
- ✓ Freshly ground pepper to taste

Preparation

1. In a medium saucepan, combine rice and stock. Cover and simmer until rice is tender, about 35-50 minutes. Remove from heat, fluff and let cool.
2. Meanwhile, in a medium bowl, toss together broccoli, beet greens, avocado, bell pepper, scallions and garlic. Add olive oil, lime juice, vinegar, salt, pepper and reserved rice and mix well. Taste for seasoning and serve.