



Ingredients

- ✓ ¾ cup short grain brown rice
- ✓ 1½ cups vegetable broth
- ✓ ½ cup raw pepitas (pumpkin seeds)
- ✓ ¼ cup extra virgin olive oil
- ✓ 3 Tbsp. fresh lime juice
- ✓ 1 Tbsp. apple cider vinegar
- ✓ 1 Tbsp. finely chopped garlic (2 - 3 cloves)
- ✓ 2 tsp. coconut sugar (other sweetener)
- ✓ 1 tsp. ground cumin
- ✓ ½ tsp. chipotle powder
- ✓ ½ tsp. salt
- ✓ Freshly ground black pepper (to taste)
- ✓ 1-2 medium ripe avocados, diced
- ✓ 15oz can black beans, rinsed & drained
- ✓ 3 cups green cabbage, chopped
- ✓ 1 cup sweet bell pepper, diced (any color)
- ✓ ¼ cup scallions, chopped (about 3)
- ✓ ¼ cup cilantro, chopped

Preparation

In a small saucepan, combine rice and broth and simmer covered about 45 minutes or until rice is tender. Let sit covered off the heat for 5-10 more minutes and let cool. Meanwhile, in a saucepan over medium-low heat, toast pepitas, stirring often, until they start to brown slightly, about 7-10 minutes. Set aside. In a small bowl, make dressing by whisking together olive oil, lime juice, vinegar, garlic, coconut sugar, cumin, chipotle powder, salt and pepper. In a large bowl toss cooled rice with avocado, beans, cabbage, bell pepper, scallions, cilantro, and about ⅔ of the pepitas. Add dressing and toss to mix. Adjust seasonings and serve, topped with remaining pepitas.