

Mediterranean Vegetable Risotto with Brown Rice

2 cups green beans, cut into 1/2" pieces

2 cups green cabbage, shredded

2 cups organic short-grain brown rice

4 cups water

3 tbs extra virgin olive oil

1 onion, finely chopped

1 clove garlic, minced

2 carrots, chopped

2 ribs celery, trimmed and chopped

1 large tomato, seeded and chopped

2 tbs chopped parsley

Sea salt

Black pepper

Nutritional Facts:

Calories = 250

Fat= 7g Sat. Fat = 1g

Protein = 5g Carbs =47g

Fiber = 5g

Instructions:

Bring a saucepan of water to a boil and cook the green beans for 3 - 4 minutes until tender. Add the cabbage and cook for 2 to 3 minutes until tender. Drain the vegetables and set aside.

Put the rice, water, and 1 tablespoon oil in a pot with tightly fitting lid. Bring to a boil, reduce heat, cover, and simmer for 50 minutes. Remove from the heat and allow to sit, covered, for 10 minutes.

Heat the remaining 2 tablespoons oil in a large skillet. Saute the onion, garlic, carrots, and celery, until crisp-tender.

Add the tomato, green beans, and cabbage and reheat.

Add the rice and reheat. Remove from the heat and stir in the parsley. Season with salt and pepper to taste.

Makes 8 (side dish) servings

Source: The South Beach Diet Cookbook