

Black Rice with Dried Cherries and Butternut Squash

simple
healthy
delicious

Ingredients

- 2 teaspoons olive oil, divided
- 2 small shallots, minced
- 1 cup Nature's Earthly Choice™ Black Rice, rinsed
- 2 ½ cups low fat chicken or vegetable broth, divided
- 2 scallions, minced
- 1 garlic clove, minced
- 1 cup peeled and diced butternut squash (¼ inch dice)
- ¼ teaspoon ground ginger
- ⅓ cup dried cherries
- ¼ cup toasted pistachios
- Kosher or sea salt and fresh ground black pepper to taste



Directions

1. Heat 1 teaspoon of the olive oil in a large skillet over medium high heat. Add the shallots and sauté for 3 minutes. Add the rinsed rice and sauté for 2 minutes. Add in 2 cups of the broth, bring to a boil, lower the heat, cover and simmer for 30-40 minutes.
2. Meanwhile, heat the remaining teaspoon of olive oil in a medium skillet over medium heat. Add in the scallions and garlic and sauté for 2 minutes. Add in the butternut squash and ginger. Sauté for 4 minutes. Add in the remaining ½ cup of broth, lower the heat, cover and simmer until squash is tender. Broth should be absorbed. Add the dried cherries and pistachios and mix well.
3. Combine the dried cherry mixture with the Black Rice. Season well with salt and pepper.