

# Caribbean Black Rice

simple  
healthy  
delicious

## Ingredients

- 1 cup Nature's Earthly Choice™ Black Rice
- 2 cups water
- 2 tablespoons lemon juice
- 2 teaspoons olive oil
- ½ teaspoon ground cinnamon
- ⅓ teaspoon ground all spice
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- ⅓ teaspoon ground black pepper
- 1 teaspoon honey
- ⅓ teaspoon dried thyme
- ½ cup chopped pecans
- ½ red bell pepper, coarsely chopped
- ⅓ cup chopped onion (red or white)
- 2 mangoes, peeled and chopped into small cubes

## Directions

1. Bring water a boil, then stir in rice. Cover and cook for 40 minutes, until rice is tender and water is absorbed. Transfer to a large bowl. Fold in red pepper and onion.
2. Whisk together lemon juice, oil, honey, and spices. Fold mixture into rice mixture. Transfer bowl to refrigerator and chill for at least two hours.
3. Prior to serving stir in pecans and mangoes.

