

# Curried Brown Rice with Pumpkin Seeds, Apricots and Spinach



Brought to you by **hally**



## Ingredients:

- 1 cup brown rice (short grain, uncooked)
- 1 tablespoon olive oil (or cooking oil)
- 2 garlic cloves, chopped
- 1 red onion, peeled and finely chopped (medium)
- 1 tablespoon curry powder
- 2 cups fresh spinach, chopped
- 2 cups low-sodium vegetable broth (or low-sodium chicken broth)
- Salt and pepper (optional, to taste)
- 1 cup dried apricots (chopped)
- 1/2 cup pumpkin seeds, toasted (pepitas)
- 

## Directions:

1. Rinse the rice well. Heat the oil over medium heat in a large, heavy saucepan.
2. Add the onions and garlic and cook for three to four minutes, then stir in the curry powder.
3. Add the rice and broth and bring to a boil over high heat. Reduce the heat, cover and simmer for 30 to 45 minutes until the liquid is absorbed.
4. Remove from heat and stir in the apricots and spinach. Replace cover and let sit for 10 minutes.