



DINNER

Vegetable Biryani

Biryani is the Indian version of rice pilaf with vegetables, nuts, spices, and herbs.

YIELD: Serves 6

INGREDIENTS

- 2 cups brown basmati rice
- 1 pinch saffron
- 3 tablespoons ghee or coconut oil
- 1/4 teaspoon turmeric
- 1/2 teaspoon salt
- 4 cups vegetable stock
- 1 1/2 cups yellow onion (chopped)
- 1 cup fresh greens such as kale or chard (chopped)
- 1 tablespoon grated fresh ginger
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/2 teaspoon ground cinnamon
- 1 pinch cayenne pepper
- 3/4 cup water
- 1 large carrot (diced)
- 1 can tomatoes or fresh (blanched and peeled, then chopped)
- 1 cup fresh or frozen peas (chopped)
- 1/3 cup cashews (toasted, for garnish)
- 1/2 cup cilantro leaves for garnish



DIRECTIONS

1. Heat 1 tablespoon of ghee or oil and add rice; saute briefly, stirring to coat each grain.
2. Add the saffron, turmeric, salt, and vegetable stock.
3. Bring to a boil, cover and reduce heat; simmer for about 50 minutes, until the liquid is absorbed and the rice is tender.
4. Transfer cooked rice to a bowl and fluff with a fork.
5. While the rice is cooking, heat the remaining 2 tablespoons of oil or ghee in a separate pan over medium-high heat and saute the onions for 5 minutes, until tender.
6. Add the carrot and spices and cook for 1 minute, stirring constantly.
7. Add 1/4 cup water and cover. Reduce heat and cook 3-4 minutes.
8. Add the tomato, peas, and greens. Simmer until the carrot is just tender.
9. Add the onion and spice mixture to the rice and mix well.
10. Transfer to a serving platter and garnish with toasted cashews and cilantro.

NUTRITION GEM

Health Benefits of Brown Rice, Saffron & Coconut Oil

This traditional East Indian dish is lovely to make, eat, and share with a large family.

Brown Rice — Brown rice, rich in fiber, B vitamins and magnesium can help lower cholesterol, improve heart health, manage weight, and type 2 diabetes risk.

Saffron — Saffron benefits include improved mood, enhanced cognitive function, support for heart health, depression, PMS, and digestive issues.

Coconut Oil — Coconut oil rich in *medium-chain triglycerides* (MCTs) and fatty acids aid in weight management, improving skin, hair, brain and dental health.