

Orzo & Red Rice

½ c. red rice	1 c. mushrooms, cut up
1 c. orzo pasta	1 Roma tomato, diced
1-14 oz. can white beans, drained & rinsed	1 small apple, cored & diced
2 tbl. olive oil	½ c. raisins
½ onion, chopped	1 tbl. brown sugar
1 clove garlic, minced	Pepper to taste
Water	Salt to taste
1 bunch spinach or Swiss chard	½ tsp. cardamom
6 oz. apple juice (I use 100% apple juice in a juice box)	Dash or 2 of nutmeg
1 tbl. cornstarch	½ c. grated fontina cheese

Heat olive oil on medium in large, deep skillet – add garlic and onion and sauté for 2 minutes. Add rice; sauté 2-3 minutes. Carefully pour in 2 c water; cover and simmer 15 minutes. Meanwhile, chop spinach or de-vein chard and chop leaves (discard stems); prepare other vegetables/fruit. Pour 1-2 tbs apple juice into small bowl, stir in cornstarch-set aside. Add remaining apple juice, 1 c water, spices & brown sugar, pasta, tomato, mushrooms, drained beans and chard to rice mixture. (Add chard last so you can give the other ingredients a stir before the chard completely fills the skillet!) Cover and simmer, stirring occasionally as chard cooks down. After 10 minutes, add apple, cranberries and cornstarch mixture – cook 5 minutes, stirring constantly. Remove from heat, stir in cheese and serve.