

Feta and Mint Rice (“The Splendid Grain” Rebecca Wood)

Some folks are not content to eat plain rice. For them, here’s an anything-but-plain rice side dish for grilled meats or poultry. It also rounds out a main course for grilled eggplant, summer squash and onions.

Serves 4

2 Tbsp extra virgin olive oil

1 small onion, minced

1 clove garlic, minced

1 cup long-grain brown rice, well rinsed

1 $\frac{3}{4}$ cups chicken stock

sea salt and ground pepper, to taste

$\frac{3}{4}$ cup crumbled feta cheese

3 Tbsp minced fresh mint

1 Tbsp freshly grated orange zest

Heat the oil in a medium saucepan over medium heat. Add the onion and garlic, sauté for 5 minutes or until translucent. Add the rice and stir to coat. Add the stock, salt and pepper and bring to a boil. Lower the heat and simmer, covered for 45 minutes or until liquid is absorbed. Remove from heat and let stand, covered for 5-10 minutes.

Using a fork, fluff the rice and toss in the feta, mint and orange zest just to combine. Serve hot or at room temp.