

Goji Forbidden Rice

Level: Easy

Serves: About 4



Prep Time: 30 minutes

Cooking Time: 40 minutes



1 cup organic black rice (dry and unwashed)

1 $\frac{3}{4}$ cups water

$\frac{1}{4}$ cup organic virgin coconut oil

$\frac{1}{2}$ tsp. BRAGG® Organic Raw Unfiltered Apple Cider Vinegar (With the 'Mother')

$\frac{1}{4}$ cup organic goji berries

1 cup organic shelled edamame, frozen

$\frac{1}{2}$ cup organic whole cashews, unsalted and unroasted

$\frac{1}{4}$ cup organic coconut flakes, unsweetened

$\frac{1}{2}$ cup organic dried pineapple, cut into small cubes

Place rice and water in a medium saucepan. Bring to a boil and stir. Reduce heat to low and simmer covered for 35 to 40 minutes. Remove from heat and let stand covered for 5 minutes. Carefully transfer hot rice to a medium bowl and add the coconut oil and BRAGG's. Mix until combined. Cover airtight and chill rice in refrigerator while preparing other ingredients.

Place goji berries in a small heatproof bowl. Pour 1 cup boiling water over goji berries. Set aside and soak for 15 minutes. When done soaking, drain and squeeze out any excess water from the goji berries. Set aside.

While the berries are soaking, steam the frozen shelled edamame in the microwave for 3 minutes. Drain all water from the edamame, shake the container, and discard any "skins" that have separated from the edamame. Set aside.

Preheat oven to 350°. Line a small shallow baking pan with foil and spread the cashews evenly on it. Roast the cashews for 5 minutes. Remove from oven and stir. Return to oven and roast for another 6 to 9 minutes, stirring after each 3-minute interval. Watch the cashews closely as you do not want them to burn. After roasting, the cashews should look several shades darker and have a pleasant, nutty odor. Do not roast for more than 14 minutes.

To finish this dish, remove rice from refrigerator. Stir the rice gently as the coconut oil has slightly solidified. Add the softened goji berries, drained edamame, roasted cashews, coconut flakes, and cut pineapple. Stir gently to combine. Serve immediately or keep chilled in refrigerator until ready to eat.

Notes:

- Since half the ingredients I used were organic anyway, I decided to use all organic ingredients. You can find most of these organic ingredients at health food stores or on Amazon.com.