

Mexican-Style Black Rice

- 1 cup black rice, rinsed**
- 2 cups water**
- 3 T avocado oil**
- 1 T white balsamic vinegar**
- ¼ tsp cumin**
- ⅛ tsp cayenne pepper**
- ¼ tsp sea salt**
- ¼ tsp fresh cracked black pepper**
- 2 Roma tomatoes, diced**
- ½ sweet onion, diced**
- 1 yellow bell pepper, seeded and diced**
- 1 ripe avocado, seeded and diced**
- ¼ cup cilantro leaves**
- ¼ cup crumbled goat cheese (optional)**

Place rinsed rice in a large saucepan with 2 cups water. Bring to a boil, cover, reduce heat, and simmer 30-40 minutes. Remove from heat and let steam for 10 minutes.

Transfer cooked black rice to large bowl and toss with avocado oil and white balsamic vinegar. Season rice with cumin, cayenne, sea salt and cracked pepper. Add in onion, tomatoes, yellow pepper, avocado and cilantro and gently combine. Add optional crumbled cheese to garnish.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN