

## Rice with Spinach and Pistachios

Adapted from Oprah magazine Jan 2013

2 cups cooked brown rice (basmati is nice)

2 T olive oil

1 clove garlic minced

2 # spinach cut in strips

Zest of 1 lemon and 1 T juice

½ cup roasted and chopped pistachios

1 T dill (optional)

dash of red pepper flakes (optional)

salt and pepper to taste

In a large pot, heat up olive oil. Add cooked rice and heat. Add garlic and cook for several minutes. Add fresh spinach, lemon juice, zest and pistachios. Season to taste.

This is a simple dish. You can add more seasoning, lemon or garlic as desired or to adjust to the quantity of rice you have on hand or cook fresh.