

Apricot Almond Sprouted Rice and Quinoa Sauté

- 1 cup rice blend cooked (sprouted red and brown rice, quinoa & wild rice)
- 2 Tbsp olive oil
- 1/3 c chopped almonds
- 1 lrg clove garlic, minced
- 1/2 tsp curry powder
- 1/2 c chopped dried apricots
- 1/4 c chopped fresh mint (optional)

Prepare rice blend in advance. Heat olive oil in medium skillet over medium low heat. Add almonds and cook, stirring until fragrant about 1 minute. Stir in the garlic and curry powder, then rice blend and apricots. Toss until heated through. Sprinkle with mint and season with salt and coriander, to taste, and serve.

From the kitchen of Melinda Harris