

Spinach and Carrot Rice Pilaf

1 tablespoon butter or margarine
1 medium carrot, grated
1 small onion, finely chopped
1 cup long-grain rice, uncooked
2 cups vegetable stock or chicken stock
10 ounces frozen chopped spinach, thawed and squeezed dry

- Melt butter or margarine in a heavy saucepan over medium-high heat. Add carrot and onion and saute 3-4 minutes or until onion begins to turn golden.
- Stir in rice and saute another 3-4 minutes or until rice turns golden. Stir in stock. Increase heat to high and bring to a boil. Immediately reduce heat to low. Cover saucepan and simmer 20 minutes or until rice is tender and liquid is absorbed.
- Stir spinach into rice mixture and cook until heated throughout. Makes 4 servings.

Selection and Storage

Carrots

Pick carrots that are firm, well-shaped and have a bright orange color. Avoid soft or cracked carrots.

Remove green leaves and refrigerate. Use within 1–2 weeks.

Greens

(beet, spinach, chard, turnip, collard, mustard)

Look for fresh, young, crisp green leaves. Avoid dry, limp, or yellowed leaves. Refrigerate and use within 1–3 days.