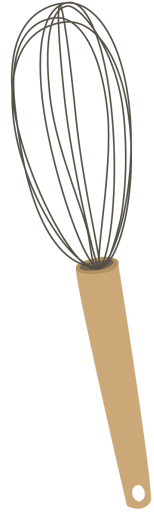


Rice Passport



Name:





Growing Communities of Healthy Eaters

Welcome to a Summer of Rice!

- Week 1: Introduction: The Anatomy of Rice
- Week 2: Rice from China
- Week 3: Rice from India
- Week 4: Rice from Mexico
- Week 5: Rice from North American Native Peoples
- Week 6: Rice from Italy
- Week 7: Bonus: Rice from South Korea
- Week 8: Bonus: Rice from Lebanon
- Week 9: Bonus: Rice from France
- Week 10: Bonus: Rice from the Latin Caribbean



Red Beans and Rice

Serves 6

Cooking Equipment Needed:

Large pot
Medium saucepan
Bowls

Colander
Measuring cup
Measuring spoons

Ingredients:

2 Tbsp olive oil
1 medium yellow onion
1 green bell pepper
3 stalks celery
3 cloves garlic
2 tsp smoked paprika
1 tsp dried thyme
1 tsp dried oregano
1 whole bay leaf
1 Tbsp tomato paste
2 tsp apple cider vinegar

2 15 oz cans of red kidney beans
2 cups vegetable broth
Salt and pepper, to taste
1 bunch green onions, sliced
1 handful of fresh parsley, chopped
6 cups cooked rice, for serving

For the brown rice:

2 cups of whole grain brown rice
3 ½ cups of water
½ tsp salt, optional

Preparation:

1. Heat a large pot over medium heat. Add the olive oil, onions, celery, bell peppers and garlic. Saute for 4-5 minutes.
2. Add the smoked paprika, thyme, oregano, bay leaf, tomato paste and apple cider vinegar. Cook for 1 minute.
3. Rinse and drain the beans. Pour them in the pot with the broth. Season to taste with salt and pepper. Let simmer for 15 minutes.



4. Remove $\frac{1}{2}$ cup of beans to a bowl and, using a fork, mash them and stir back into the pot to enhance the creamy texture of the dish. Simmer for about 10 minutes, taste and adjust seasoning, and add up to 1 cup more water or stock if beans seem too thick. Add parsley and green onions. Remove bay leaves, and serve over rice with hot sauce, if desired.

For the brown rice:

1. Wash or rinse the rice. Place the measured rice into a bowl and fill with water, using your hand to swish the rice around. Pour off the water. Alternatively, you could rinse the rice in a wire mesh strainer.
2. In a medium saucepan, combine the washed rice, water and salt (if using) and bring to a boil over high heat. When the water boils, turn the heat down to low (as low as you can with the water still simmering), cover with a lid and cook for 35 minutes.
3. Turn off the heat. Let the rice sit with the lid on for 10 minutes so it can steam. Fluff with a fork and serve.

Tips for cooking brown rice:

- *Start with the rice first:* Since brown rice takes a bit to cook, it's smart to get it going before you start prepping other parts of your meal. Monitor your rice as you go about other cooking tasks, and by the time the rest of your food is ready, your rice will be, too.
- *Pick the right pot:* For cooking 1 to 2 cups of dry brown rice, a 2-quart saucepan is just the right size. Too big and the rice may not steam right. Too small and it might boil over. And you want a lid that fits well and does not let tons of steam escape.
- *Keep the lid on:* Resist the temptation to check on the rice often, to keep the steam in the pot.
- *Cook it low and slow:* Start the rice at a boil over medium-high heat with the lid on. When you hear your pot hissing or the lid jittering, turn the heat down to medium-low, or as low as you can get it yet still have the liquid simmering.
- *Look for steam holes:* Right after the rice reaches that initial boil, set your timer for 35 minutes. When it goes off, lift the lid and check for doneness. Steam holes scattered through the surface of the cooked rice indicate it's fully cooked.
- *Let it rest after cooking:* Let the pot sit, covered, with the heat turned off for ten minutes to finish steaming. Fluff with a fork to separate the grains, and serve.



Growing Communities of Healthy Eaters

Welcome to **America!**

- **Population:** 327.2 Million
- **Capital:** Washington, D.C.
- **Official Language:** English
- **National Pastime:** Baseball
- **National Dish:** Hamburgers, Brownies, and Apple Pie

Thanks for Visiting!





Chinese Vegetable Fried Rice

Serves 4-6

Cooking Equipment Needed:

Large skillet or wok
Measuring cups
Measuring spoons
Grater

Ingredients:

3 Tbsp canola or vegetable oil	½ cup frozen peas or edamame
3-4 cloves garlic, peeled and minced	3 cups cold cooked Jasmine rice
1 Tbsp peeled and minced fresh ginger	2 tsp sesame oil
1 bunch scallions/ green onion, sliced	3 eggs, lightly beaten
1 red bell pepper, sliced	¼ cup soy sauce
1 cup of broccoli florets	½ cup cilantro, chopped
1 cup shredded cabbage	1 tablespoon sambal (or other hot sauce, like sriracha) optional
½ cup carrots, grated	Salt and pepper to taste
½ cup baby bok choy, sliced	

Preparation:

1. In a large skillet or wok, heat 2 Tbsp of oil over medium high heat. Add the garlic, ginger and scallions; cook for 30 seconds.
2. Add the cabbage, carrots, red peppers, broccoli and bok choy and cook, stirring frequently, for about 5 minutes until done but still a little crisp.
3. Add the peas, rice and remaining 1 Tbsp oil, and stir to combine.
4. When the rice is hot, push the ingredients to the sides of the pan to clear a space in the middle, add the sesame oil and the eggs, scrambling to cook. Fold the cooked eggs into the rice and add the soy sauce.
5. Season with salt and pepper to taste, and serve topped with chopped cilantro and sambal or sriracha on the side, if desired.



Growing Communities of Healthy Eaters

Welcome to **China!**

- **Population:** 1.4 Billion
- **Capital:** Beijing
- **Official Language:** Mandarin
- **National Pastime:** ---
- **National Dish:** ---

Thanks for Visiting!





Vegetable Biryani with Rice

Serves 4-6

Cooking Equipment Needed:

Bowls
Measuring spoons
Measuring cups
Large pot

Ingredients:

1 cup basmati rice
2 Tbsp olive oil
1 bay leaf
1 inch cinnamon stick
3 green cardamom pods
3 whole cloves
½ tsp cumin seeds (or ¼ tsp cumin powder)
1 red onion, sliced (about ½ cup)
1 jalapeno, seeded and diced
1 tsp minced ginger
1 tsp minced garlic
1 cup sweet potato, small dice
1 cup cauliflower florets
½ cup green beans

2 Tbsp mint leaves
2 Tbsp cilantro leaves
1 tsp Garam Masala
1 plum tomato, finely chopped
¼ cup of plain Greek yogurt
½ cup peas
2 cups of water

For the cucumber yogurt raita:

1 ½ cup plain Greek yogurt
1 cup english cucumber, finely diced or grated
¼ cup fresh cilantro, chopped
½ tsp garam masala
½ tsp salt

Preparation:

1. Add one cup of basmati rice to a bowl and rinse well a few times until the water runs clear. Set aside to soak for 20-30 minutes while you prepare the remaining ingredients, then drain.
2. Heat a large pot over medium heat and add the olive oil and whole spices (bay leaf, cinnamon stick, cardamom, cloves and cumin). When the spices begin to crackle, add



the onion and jalapeno and saute until the onions soften and begin to brown. Add the garlic and ginger and saute a minute more.

3. Next, add the sweet potato, cauliflower and green beans and cook for 1-2 minutes. Add the mint, cilantro, garam masala, tomato and yogurt and cook together for a few minutes, until the tomatoes break down and the mixture is aromatic. Add the peas and stir to combine.
4. Add the water and drained rice and season to taste with salt. Cover the pot with a lid and cook for 15-20 minutes until the water is absorbed and the rice is cooked. Turn off the heat and let sit, covered, for another 10 minutes. Fluff the rice with a fork and serve, with raita on
5. **To make the cucumber yogurt raita:** mix all ingredients together in a bowl. Serve with biryani.



Growing Communities of Healthy Eaters

Welcome to **India!**

- **Population:** 1.36 Billion
- **Capital:** New Delhi
- **Official Language:** Hindi, Bengali, Marathi (and 20 others!)
- **National Pastime:** Field Hockey
- **Popular Dishes:** Khichdi, Jalebi, Golgappas

Thanks for Visiting!





Arroz Verde Bowls

Serves 4-6

Cooking Equipment Needed:

Bowls

Large pot

Measuring cups

Measuring spoons

Skillet

Blender

Potato masher

Grater

Ingredients:

1 Tbsp olive oil

2 cups long grain white rice

1 poblano pepper, stem removed and roughly chopped

1 jalapeno pepper, seeds removed and roughly chopped

1 white onion, diced

2 cloves garlic

1 cup packed cilantro

½ cup packed parsley

1 ¾ cups vegetable broth

salt and pepper, to taste

For the refried beans:

2 15 oz cans of pinto or black beans, drained (reserve the bean liquid)

1 small white onion, minced

2 tsp chile powder

2 cloves of garlic, minced

3 Tablespoons of olive oil

For serving:

2 cups shredded Queso Oaxaca, Queso mano, or mozzarella

Lime wedges

Hot sauce

Avocado

Preparation:

1. Rinse rice through running water a few times until water runs clear.
2. Add olive oil to a large pot (make sure you have a lid) over medium heat and heat over medium heat. Add rice, stir, and toast for 10 minutes, stirring occasionally, until fragrant and some pieces are slightly browned.
3. While rice toasts, make the pepper and herb mixture. Add poblano, jalapeno, onion, garlic, cilantro, parsley, salt and pepper, and ¼ of the measured broth into a blender and puree until smooth.



4. When rice is toasted, add green mixture from blender and the rest of the broth and mix well to combine. Bring to a boil. Once boiling, stir well to combine, turn down heat to low, and cover with lid. Let cook untouched for 15-17 minutes. Turn off heat and let rice rest for 15 minutes to absorb any excess moisture. Do not open the lid as the heat will escape.
5. Open lid and mix well to combine as some of the green purée will likely be sitting on the top. Fluff with a fork and season with salt if needed. For serving, mix with lime juice and chopped cilantro if desired.
6. Serve alongside fajitas, in a taco salad or burrito bowl, or for breakfast with eggs and avocado!

For the refried beans:

1. In a large skillet, heat oil until shimmering, over medium-high heat. Add minced onion and garlic and cook, stirring occasionally, until translucent and lightly golden, about 7 minutes.
2. Stir in beans and chili powder and cook for 2 minutes. Add ½ cup of reserved bean liquid from the can (you can also use stock or water).
3. Using a potato masher, or the back of a wooden spoon, smash the beans to form a chunky purée; alternatively, use a stick blender to make a smoother purée. Reduce heat to medium and cook, stirring, until desired consistency is reached.



Growing Communities of Healthy Eaters

Welcome to **Mexico!**

- **Population:** 127.6 Million
- **Capital:** Mexico City
- **Official Language:** Spanish
- **National Pastime:** Charro
- **National Dish:** Mole

Thanks for Visiting!





Three Sisters Stew with Wild Rice

Serves 6

Cooking Equipment Needed:

Large pot
Saucepan
Measuring cups
Measuring spoons

Ingredients:

2 Tbsp olive oil	1 15oz can corn, drained and rinsed
1 red onion, diced	(or 1 ½ cups frozen corn)
2-3 cloves garlic, minced	1 15 oz can diced tomatoes
1 tsp oregano	2 cups of water
1 tsp cumin	Salt and pepper to taste
1 bay leaf	Handful fresh parsley or cilantro (optional)
1 tsp tarragon or sage	½ cup roasted sunflower seeds (optional)
1 can diced green chiles (4 oz)	Cooked Wild Rice, for serving
1 cup yukon gold potatoes, diced	
2 cups butternut squash, diced	
2 cups vegetable broth	
2 cups of water	
1 15 oz can pinto beans, drained and rinsed	

For the wild rice:

1 cup wild rice
4 cups water, stock, or a mix of both
½ teaspoon salt

Preparation:

1. Heat a large pot over medium heat, and add the olive oil and onion. Saute the onion for 4-5 minutes until softened. Add minced garlic, oregano, cumin, bay leaf and tarragon or sage, and cook until fragrant – about 1 minute.
2. Add diced chile and potatoes, and stir to combine. Let cook for 5 minutes, and then add the diced squash and the canned tomatoes.
3. Drain and rinse the corn and beans, and add to the pot, along with the broth and 2 cups of water.
4. Bring to a boil, then cover and reduce heat to simmer. Cook the stew for 30-45 min, or until vegetables are tender.



5. Season with salt and pepper to taste. Serve with wild rice, topped with chopped parsley or cilantro for garnish, and sunflower seeds sprinkled on top if desired.

For the wild rice:

1. Bring the rice and water to a boil: Place the rice in the saucepan and add 4 cups of water or stock, along with the salt. Bring to a boil over high heat.
2. When the water has reached a boil, reduce the heat to a simmer and cover the pan.
3. Cook at a simmer for 45 minutes. Check the rice. It should be chewy and some of the grains will have burst open. It may need an additional 10 to 15 minutes — keep checking the rice and stop cooking when the grains are tender.
4. When the rice is done, pour it into a strainer to drain off any remaining liquid. Fluff the rice with a fork and serve.



Growing Communities of Healthy Eaters

Welcome to **North America!**

- **Population:** 579 Million
- **Top Languages Spoken:** English, Spanish, French, Creole
- **Most Populated Countries:** United States, Mexico, Canada, Cuba
- **Size:** 9.54 Million Square Miles

Thanks for Visiting!





Spring Risotto

Serves 6

Cooking Equipment Needed:

Saucepan
Measuring cups
Measuring spoons
Grater

Ingredients:

6 cups vegetable broth	1 cup frozen petite peas
2 Tbsp olive oil	¼ cup chopped parsley
1 yellow onion	1 lemon, zested and juiced
1 garlic clove	2 Tbsp butter
2 cups arborio rice	¼ cup grated Parmesan cheese
1 pound asparagus	Salt and pepper to taste

Preparation:

1. Put the vegetable broth in a small covered saucepan and bring it to a boil. Turn the heat down to low. Dice the onion, mince the garlic and set aside.
2. Heat the olive oil in a medium-sized saucepan set over medium heat. Add the onion, and cook for 3-4 minutes, stirring occasionally. Add the garlic and cook for another 2 minutes.
3. Add the rice and cook for 2-3 minutes, stirring occasionally.
4. Add ½ cup of the hot vegetable broth and cook, stirring occasionally, until almost all of the broth has been absorbed – this will take about 3 minutes. Repeat this process until the risotto is slightly al dente, about 25 minutes. (Note: you may not need to use all of the broth.)
5. While the risotto is cooking, prepare the asparagus. Snap off the tough ends of the asparagus and discard them. Cut the stalks into 1" pieces.



6. Cook the asparagus in the simmering vegetable broth until bright green and tender, about 3 minutes. Add the peas, cook one more minute, and then remove from the broth with a slotted spoon.
7. When the risotto is done, remove the pot from the heat and add the butter. Stir well until the butter is melted and evenly distributed. Add the asparagus, peas, lemon zest, lemon juice and parsley and stir to combine.
8. Divide the risotto evenly among bowls or plates. Top each plate with the grated cheese and serve immediately.



Growing Communities of Healthy Eaters

Welcome to **Italy!**

- **Population:** 60.59 Million
- **Capital:** Rome
- **Official Language:** Italian
- **National Pastime:** Soccer
- **National Dish:** Ragu alla Bolognese
sauce with Tagliatelle Pasta

Thanks for Visiting!





Roasted Vegetable Bibimbap

Serves 4-6

Cooking Equipment Needed:

Large pot
Skillet
Measuring cups
Measuring spoons

Whisk
Baking sheet
Strainer

Ingredients:

4 Tbsp canola or vegetable oil, divided	2 medium carrots, cut into matchsticks
2 Tbsp soy sauce	2 cloves of garlic, minced
1 Tbsp brown sugar	8 oz spinach
3 Tbsp gochujang (Korean chile paste) or sambal oelek, plus more for serving	1 teaspoon toasted sesame oil
1 eggplant, any variety, diced (about 2 cups)	2 ½ cups short grain rice
1 zucchini, diced (about 1 cup)	4-6 eggs
8 ounces shiitake mushrooms, stems removed	1 cup bean sprouts, for garnish
	2 Tbsp sesame seeds, for garnish

Preparation:

1. Preheat oven to 400°F. Whisk together 2 tablespoons oil, soy sauce, brown sugar and gochujang or sambal oelek. Cut the mushroom caps into quarters and prepare the diced eggplant and zucchini.
2. Combine the mushrooms, eggplant and zucchini on a baking sheet, and drizzle with the soy mixture. Toss together until evenly coated, and roast for 15-20 minutes until softened.
3. Cook the rice: measure the rice into a pot and fill the pot with enough cold water to cover the rice. Use your hand to vigorously swish the rice around. Pour out the



water, which will be cloudy with starch. Repeat this step 3 to 4 more times, until the water being poured off is almost clear.

4. Add 3 cups of water to the drained rice in the pot. Over high heat, bring the covered pot to a boil, reduce the heat to low and cook 5 minutes more or until the water has all been absorbed. Remove the pot from the heat and let sit, still covered, for 10 minutes.
5. Meanwhile, heat a skillet over medium heat and add 1 Tbsp of oil. Stir fry the carrots for 2-3 minutes, then add the minced garlic and spinach and cook until the spinach is bright green and wilted. Add the sesame oil and set aside.
6. Just before the rice is finished, cook the eggs to your liking (Ex: sunny side up/ overeasy).
7. To serve, divide the rice among bowls and top with vegetables, including any marinade left on the baking sheets, and place 1 fried egg on top of each bowl. Garnish with sprouts and sesame seeds. Serve immediately, with extra gochujang or sambal oelek on the side.



Growing Communities of Healthy Eaters

Welcome to **South Korea!**

- **Population:** 51.47 Million
- **Capital:** Seoul
- **Official Language:** Korean
- **National Pastime:** Starcraft (an Alien warfare strategy game)
- **National Dish:** Kimchi (a fermented seasoned cabbage and vegetable dish)

Thanks for Visiting!





Mujadara with Cucumber and Tomato Salad

Serves 4-6

Cooking Equipment Needed:

Large pot
Skillet
Measuring cups
Measuring spoons
Slotted Spoon

Ingredients:

4 medium cloves garlic, minced
2 bay leaves
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground turmeric
½ tsp ground cinnamon
2 tsp salt, divided
1 tsp black pepper (or to taste)
5 cups water
1 cup brown basmati rice, rinsed and drained
1 cup brown or green lentils, rinsed and drained
⅓ cup extra-virgin olive oil

2 medium-to-large yellow onions, halved and thinly sliced
½ cup thinly sliced green onions (from 1 bunch), divided
½ cup chopped fresh cilantro or flat-leaf parsley, divided

For the cucumber and tomato salad:

1 ½ cups halved cherry tomatoes
3 Persian cucumbers, diced
Handful of mint leaves, coarsely chopped
3 Tbsp freshly squeezed lemon juice
2 Tbsp olive oil
1 tsp of salt
½ cup pomegranate seeds (optional)



Preparation:

1. In a large pot, heat 1 Tbsp of oil over medium heat. Add the garlic, bay leaves, cumin, coriander, turmeric, and cinnamon. Add the water and bring the mixture to a boil over medium-high heat.
2. Once boiling, stir in the rice and 1 ½ tsp of salt, and reduce the heat to medium. Cover and cook, stirring occasionally and adjusting the heat as necessary to maintain a controlled simmer, for 10 minutes.
3. Stir in the lentils and let the mixture return to a simmer. Cover again, reduce the heat to medium-low, and cook until the liquid is absorbed and the rice and lentils are tender, about 25 minutes.
4. Meanwhile, warm the remaining olive oil in a large skillet over medium-high heat. When it's warm enough that a slice of onion sizzles on contact, add the remaining onions. Stir to combine.
5. Let cook, stirring occasionally (every 2-3 min) letting the onions soften and begin to brown. If the onions are browning before they have softened, turn down the heat to give them more time. Cook until the onions are deeply caramelized and starting to crisp at the edges, about 20 to 30 minutes. In the meantime, line a large plate or cutting board with a couple paper towels.
6. Using a slotted spoon, transfer the onions to the lined plate and spread them evenly across. Sprinkle the remaining ¼ teaspoon salt over the onions. They'll crisp up as they cool.
7. When the lentils and rice are done cooking, turn off the heat and drain off any excess water (if there is any). Cover the pot and let it rest for 10 minutes.
8. Remove the lid, and discard the bay leaves. Add half of the browned onions, and about ¾ of the green onions and cilantro/parsley, reserving the rest for garnish. Gently stir and fluff the rice with a fork. Season to taste with additional salt and pepper, if necessary.
9. Transfer the rice and lentil mixture to a large serving platter or bowl (or serve from the pot). Top with the rest of the caramelized onions and the remaining green onions and cilantro/parsley. Serve hot, warm or at room temperature, with cucumber tomato salad on the side.
10. **For the cucumber and tomato salad:** add all of the ingredients into a bowl and stir to combine.



Growing Communities of Healthy Eaters

Welcome to **Lebanon!**

- **Population:** 6.8 Million
- **Capital:** Beirut
- **Official Language:** Arabic
- **National Pastime:** Football (soccer!)
- **National Dish:** Kibbeh

Thanks for Visiting!





Mediterranean Red Rice Salad

Serves 4-6

Cooking Equipment Needed:

Large pot
Blender
Measuring cups
Measuring spoons
Strainer

Ingredients:

2 cups Camargue red rice	2 medium carrots, cut into matchsticks
1 medium zucchini, small dice	2 cloves of garlic, minced
1 cup chopped green beans (also known as haricots verts)	8 oz spinach
1 ½ cups flat leaf parsley	1 teaspoon toasted sesame oil
½ cup olive oil	2 ½ cups short grain rice
2 tablespoons lemon juice	4-6 eggs
Salt and pepper to taste	1 cup bean sprouts, for garnish
2 scallions, sliced	2 Tbsp sesame seeds, for garnish
2 cups of green olives (such as lucques or picholine, pitted and chopped), optional	
2 cups spinach, chiffonade	

Preparation:

1. Boil the rice just as you would pasta, in a large pot of boiling salted water, for 30 minutes, or until it is tender, but still has a firm texture. Add the zucchini and green beans / haricots verts, and cook for an additional 5 minutes. Drain the rice and vegetables together.
2. While the rice and vegetables are cooking, roughly chop the parsley, and add it to a blender with the olive oil and salt. Puree until you have a very green parsley oil. Add the lemon juice and some pepper, and then add all the sauce to the rice, along with the scallions, and toss well.
3. Leave the rice salad to cool completely to room temperature. Just before serving, toss in the olives and spinach. Serve at room temperature.



Growing Communities of Healthy Eaters

Welcome to France!

- **Population:** 66.99 Million
- **Capital:** Paris
- **Official Language:** French
- **National Pastime:** Petanque (a lawn game similar to Bocce)
- **National Dish:** Pot-au-Feu (beef stew)

Thanks for Visiting!





Arroz con Gandules

Serves 4-6

Cooking Equipment Needed:

Large pot
Skillet
Measuring cups
Measuring spoons
Blender

Ingredients:

2 cups medium or long grain brown rice, rinsed
2 Tbsp olive oil
 $\frac{1}{3}$ - $\frac{1}{2}$ cup sofrito or recaito, to taste
2 Tbsp tomato paste
1 15 oz can gandules (pigeon peas), drained
1 tsp garlic powder
1 tsp ground cumin
1 tsp ground oregano
1 tsp achiote or annatto
4 $\frac{1}{2}$ cups water or vegetable broth
2 Tbsp manzanilla olives and capers, chopped (optional)
Salt and pepper to taste
Handful of cilantro, chopped

For the plantains:

1 Tbsp olive oil
2 ripe plantains, sliced lengthwise and in thirds
1 red bell pepper, sliced
 $\frac{1}{4}$ - $\frac{1}{2}$ cup sofrito or recaito, to taste

1 can of coconut milk
2 limes, quartered
Handful of cilantro, chopped
Salt and Pepper to taste

For the sofrito:

1 medium Spanish onion, cut into large chunks (about 1 cup)
2 cubanelle peppers, stemmed, seeded, and cut into large chunks (about 1 cup)
8 medium cloves garlic, peeled
1 large bunch cilantro, washed and roughly chopped (about 1 $\frac{1}{2}$ cups)
8 Ají dulce, ají cachucha, quechucha, ajicito, or ají gustoso
4 leaves of culantro (optional)
2 ripe plum tomatoes, cored and cut into chunks (about $\frac{3}{4}$ cups)
1 medium red bell pepper, cored, seeded, and roughly chopped (about $\frac{3}{4}$ cups)
Salt to taste



Preparation:

1. Heat a large, heavy bottomed pot or caldero over medium heat and add the olive oil, tomato paste and sofrito. Cook for 4-5 min.
2. Stir in gandules, all of the spices, the olives and capers and the broth or water. Taste and adjust the salt to your taste.
3. Bring to a boil, then add the rice. Cover, and reduce heat to simmer and cook for 20 minutes. Stir by folding rice from the bottom up, but do not disturb bottom of pan. Cook for another 20-30 minutes, testing after 20 to see if rice is tender and cooked through. Garnish with chopped cilantro and serve.

Coconut Braised Plantains

Serves 4-6

Ingredients:

1 Tbsp olive oil
2 ripe plantains, sliced lengthwise and in thirds
1 red bell pepper, sliced
 $\frac{1}{4}$ - $\frac{1}{2}$ cup sofrito or recaito, to taste
1 can of coconut milk
2 limes, quartered
Handful of cilantro, chopped
Salt and Pepper to taste

Preparation:

1. Heat a large skillet over medium high heat, and add the olive oil. Carefully add the plantain pieces, cut side down, and cook for 4-5 minutes, until browned. Remove to a plate and set aside.
2. Turn the heat down to medium and add the sofrito. Saute until fragrant, 3-4 minutes. Add the sliced red peppers and coconut milk and bring to a simmer. Season with salt and pepper.
3. Add the plantains and let simmer for 10 minutes until cooked through. Serve, with lime and cilantro to garnish.



Puerto Rican Style Sofrito or Recaito

Makes 2 cups

Ingredients:

- 1 medium Spanish onion, cut into large chunks (about 1 cup)
- 2 cubanelle peppers, stemmed, seeded, and cut into large chunks (about 1 cup)
- 8 medium cloves garlic, peeled
- 1 large bunch cilantro, washed and roughly chopped (about 1 ½ cups)
- 8 Ají dulce, ají cachucha, quechucha, ajicito, or ají gustoso
- 4 leaves of culantro (optional)
- 2 ripe plum tomatoes, cored and cut into chunks (about ¾ cups)
- 1 medium red bell pepper, cored, seeded, and roughly chopped (about ¾ cups)
- Salt to taste

Preparation:

Place onions and cubanelle peppers in a blender or a food processor. Add the remaining ingredients in batches and puree until smooth. Season to taste with salt. Transfer to a container and store in the refrigerator for up to three days, or freeze.



Growing Communities of Healthy Eaters

Welcome to the **Latin Caribbean!**


- **Population:** 44.42 Million
- **Geography:** There are over 700 islands in the Latin Caribbean! Most of Central America, and parts of South America, are included too.
- **Languages Spoken:** English, French, Caribbean Spanish, French Creoles, Dutch, among others.


Thanks for Visiting!





Growing Communities of Healthy Eaters

 @sylviacenter

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Share what you make with us!