

# Herbal Legacy Recipes

## Green Goddess Rice

Submitted by Ginger Conrad

Simple, easy and delicious!

### INGREDIENTS:

- 4 cups cooked brown basmati rice, still warm
- 1 avocado
- 1 c. basil leaves
- 1/4 c. minced fresh parsley
- 1 lemon, juice and zest
- 1/4 c. sliced or finely chopped almonds or walnuts
- pinch of cayenne

### DIRECTIONS:

1. In a food processor or blender, combine avocado, basil, parsley, lemon, cayenne, and olive oil. Blend until smooth.
2. Fold into rice.
3. Garnish with almonds.



This makes a delicious, nutritious main dish. Add a nice, big, green salad with lots of crunchy, colorful veggies, and you have a fantastic meal. Some may feel the need for a small bit of free-range chicken or wild, Pacific salmon, but it really isn't needed for complete nutrition or satisfaction.

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