

# Scallion Black Rice

A longtime favorite from my recipe library, this Scallion Black Rice is finally making its way to the table — simple, nourishing, and versatile enough to pair with almost any meal. Black rice is rich in antioxidants, fiber, and minerals that support heart and brain health, while scallions add brightness and beneficial plant compounds. Finished with extra virgin olive oil for depth and warmth, this dish delivers comforting flavor with minimal effort.

## INGREDIENTS

1 cup black rice  
2 cups water  
2 tablespoons extra virgin olive oil  
1 bunch scallions, thinly sliced

## SERVES

6

## TIME

30 MIN

## STEP 1

Add rice to small pot with water and cook covered on medium until boiling, then reduce to simmer (still covered) and cook for about 20 minutes or until done.

## STEP 2

Remove from heat and mix with scallions, oil and season with salt.

## SHOPPING LIST

1 cup black rice  
water  
1 bottle extra virgin olive oil  
1 bunch scallions

## EQUIPMENT

Heavy bottomed pot with cover

## STORAGE

Store in air tight container in fridge for 3-5 days