

Forbidden Rice and Quinoa Salad

Serves 4

- 1/4 c. black rice
- 1/2 c. red quinoa
- 1 bay leaf
- 1/4 tsp. salt
- 2 Tbsp. olive oil, divided
- 3/4 c. finely chopped onion
- 2 garlic cloves, minced
- 1 tsp. cumin seeds
- 1 1/2 Tbsp. lemon juice
- 2 Tbsp. chopped cilantro
- 2 Tbsp. chopped parsley
- 1 Tbsp. chopped chives
- 1 avocado, cut into chunks
- 2 c. cubed, cooked chicken

Bring rice and 1/2 c. water to boil in small saucepan; reduce to simmer, cover, cook about 16 minutes for water to absorb. In medium saucepan, bring quinoa, bay leaf, salt, and 1 c. water to boil; reduce to simmer, cover, cook about 15 minutes until tender. Drain; return to hot pan. Cover and let sit 15 minutes. Discard bay leaf, fluff with fork, put in large bowl. Heat 1 Tbsp. olive oil in skillet; add onion, cook until soft, stirring some. Add garlic and cumin; cook 2 minutes, stirring often. Add to quinoa. Add rice and mix. Stir in 1 Tbsp. olive oil, lemon juice and fresh herbs. Salt and pepper to taste. Add avocado and chicken.

Accompany with Cooper-Garrod Syrah