

Pesto Rice Bowl with Winter Veggies

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Gulf Pacific Brown Rice

Farmhouse Kitchen Arugula Pesto, thawed and stirred well before use

Farmhouse Kitchen Spicy Honey Balsamic Vinaigrette, stirred well before use

Gundermann Acres Red Kale, washed

J & B Farms Red Cabbage, outer leaves removed, washed, core removed

South Texas Organics Oranges, washed

Gundermann Acres Green Onions, root end trimmed

Farmhouse Kitchen Spiced Pecans

Bee Tree Farms Feta

Olive or Canola Oil

Salt and Pepper

STEP 1 Bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 2 tsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well and return to pot. Pour arugula pesto over and stir to combine completely into brown rice. Keep covered until ready to serve.

STEP 2 While rice is cooking, prepare vegetables. Chop stems off of kale and discard. Roll up kale leaves, chop into thick (about 1/2" thick) ribbons and set aside. Shave red cabbage into very thin slices, add to bowl. Toss red cabbage with Spicy Honey Balsamic, 1/4 tsp. salt and pepper, set aside until ready to serve. Thinly slice green onions diagonally, set aside.

STEP 3 Bring a saute pan to medium heat. Add a tbsp. oil just as pan begins to smoke. Add kale leaves to pan and cook 3-5 minutes or until just wilted. Sprinkle with 1/4 tsp. salt and pepper. Cover and set aside until ready to serve. Chop spiced pecans into slightly smaller pieces and set aside until ready to serve.

STEP 4 Prepare the oranges, remove the rind and white pith from the oranges by first trimming the ends from the oranges, cutting just deep enough to expose the flesh. Set the orange on either of the cut ends to stabilize and then use a sharp knife to cut downward, following the shape of the orange. Cut just deep enough to remove the rind and white pith, without removing too much of the flesh. After removing the rind and white pith, turn the orange on its side and slice into approximate 1/2" thick rounds. Cut the orange rounds into bite sized pieces. Remove any seeds, as needed, and set aside.

STEP 5 Assemble your rice bowl. Scoop a portion of arugula pesto rice into a bowl. Add a scoop of sauteed kale, spicy honey balsamic dressed red cabbage and orange segments. Top with feta cheese crumbles and chopped spiced pecans. Enjoy!

Pesto Rice Bowl with Winter Veggies

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

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Farmhouse Kitchen Arugula Pesto, thawed and stirred well before use

Farmhouse Kitchen Spicy Honey Balsamic Vinaigrette, stirred well before use

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J & B Farms Red Cabbage, outer leaves removed, washed, core removed

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Bee Tree Farms Feta

Olive or Canola Oil

Salt and Pepper

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STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Brown Rice - Keep in a cool, dry place in the kitchen until ready to use.

Arugula Pesto - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients:

Spicy Honey Balsamic Vinaigrette - (Ingredients: balsamic vinegar, YoungBlood honey, onion, dijon mustard, chili flake, brown butter, canola oil, extra virgin olive oil, salt, pepper)

Kale- Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Red Cabbage - Store in the crisper drawer of the refrigerator. Use within 5 days.

Oranges - If using within 1-2 days, store in a cool, dry place in the kitchen. Otherwise, store in the refrigerator until ready to use.

Green Onions - Store upright in glass of water, plastic bag covering the green stalks, in the fridge.

Spiced Pecans - Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: kosher salt, black pepper, smoked paprika, garlic powder, ground thyme, brown sugar)

Feta - Store in the refrigerator. Use within 5 days.

***Contains dairy and nut inclusive ingredients.**

****Not made with gluten, egg, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**