



Groovy Grain Goodness

By Mj Mojer

Ingredients

- 2 teaspoons extra-virgin olive oil, or canola oil
- 1/2 cup broken whole-wheat spaghetti pieces
- 1/3 cup finely diced onion
- 1 ½ cups broth
- 1 cup brown rice
- 1/4 teaspoon salt
- 1 bay leaf
- 1 tablespoon chopped fresh parsley

Heat oil in a saucepan over medium-high heat.

Add pasta and onion; cook, stirring, until starting to brown, about 3 minutes.

Add broth, rice, salt and bay leaf; bring to a boil. Reduce heat to low, cover and cook until the liquid is absorbed and the rice is tender, 18 to 20 minutes.

Let sit for 5 minutes. Discard the bay leaf. Fluff with a fork and stir in parsley.