

Roasted Vegetables over Mixed Rice

Gluten Free

1 cup Rice Select “Royal Blend” (Rice: texmati, white, brown, wild and red)

Bring 1.5 cups boiling water with ½ tsp salt. Add in rice, cover and simmer 15 minutes and set aside.

1 cup cauliflower chopped

1 cup eggplant chopped

½ cup red pepper chopped

1 cup zucchini chopped

¼ cup olive oil mixed with:

½ tsp salt

1/8 tsp paprika

1/8 tsp black pepper

Place chopped vegetables in large bowl. Pour olive oil and spices over vegetables and mix up with a spoon. Place on two baking sheets covered with parchment paper and roast at 400 degrees for 25 minutes. Pour cooked vegetables over the rice mixture and serve.