

Baked Green Rice

Makes 6-8 servings

The color comes from the herbs and this recipe can be made into a complete main course "casserole" by adding small cuts of chicken, pork or fish that have been seasoned with salt and added on top as the rice goes into the oven. It has big flavor and makes a good accompaniment to grilled or oven roasted meats and fish (as with the Snapper it is paired with here)

Ingredients

1 sm Yellow Onion –minced
3 T Olive Oil
2 C Long Grain Rice
3 ½ C Water or Broth (chicken, vegetable, fish)
¼ C Green Onion -chopped
¼ C Cilantro –rough chop
2 T Fresh Basil -chiffinode
2 T Italian Parsley –rough chopped
1 T Fresh Mint -chiffinode
2 t Kosher Salt
1 ea Jalapeno Pepper -minced

Method - Preheat oven 525-575 degrees

- Put the oil and onion in a baking dish and roast in the oven directly in front of the flame, for 4-5 minutes, stirring once, until the onions are translucent. Stir in the rice and cook 2 minutes, stirring once.
- Stir in the rest of the ingredients. Cover with foil and bake in the front of the oven, using a holding flame, for 15-20 minutes or until the liquid has been absorbed and the rice is tender.
- Remove the foil, fluff the rice and cover again, keeping it warm until ready to serve.

