



Nutmeg Spinach Rice

1/2 whole nutmeg, ground
1 shallot, finely diced
2 bunches spinach
1 cup brown rice
1 cup quinoa
Salt to taste
Extra virgin olive oil as needed
1 bay leaf
*optional Sicilian pecorino

Begin to cook the rice and quinoa separately in pots of boiling water, with quantities according to direction on package. Add the bay leaf to the quinoa pot.

In a pan heated with oil begin to caramelize the shallot.

Once softened, add in the spinach.

After about 1 minute stir in the nutmeg.

Very quickly toss spinach with rice and quinoa.

*Optional to top with Sicilian Pecorino cheese

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

