



## Brown Rice Fruited Slaw

Food-scientists are finding that combining foods eaten at the same meal can really increase the nutritional availability of what you are serving.

It can also affect the taste! A little bit of sweet can entice a “non-broccoli” eater’s taste buds to not find broccoli so bitter, or even make it appealing.

Combining fruit and nuts together releases more magnesium from the nuts. We love using little “health tricks” to let our bodies easily provide the stamina and energy we crave.

### Ingredients

1 cup cooked brown rice (cooled)  
2/3 cup broccoli florets  
½ cup dried apricots snipped into pieces  
1 small green apple  
Large handful of bagged broccoli slaw or cabbage slaw  
Nuts of choice to sprinkle on top of each serving

### Dressing:

¼ cup apple vinegar  
2 tablespoons lemon juice  
1 tablespoon agave nectar  
1 clove minced garlic  
¼ cup olive oil

Cook the rice according to package directions but add 1 teaspoon dry chia seeds and 1/8 cup additional water. By using brown rice and adding chia, you get much more fiber than with ordinary white rice. The taste of brown rice is very mild.

Cut the green apple into bite size pieces after thoroughly washing the skin. (Leave the skin on for added fiber) Using kitchen shears, snip the dried apricots into small pieces. Combine the veggies and fruits in a medium bowl.

While the rice cooks you can prepare the dressing. In a 1 cup measuring cup add all of the dressing ingredients and stir to combine.

Dress your sensational side dish and garnish with your nuts of choice.

Not an apricot lover? Try little pieces of pineapple or mandarin orange slices. The apricot, pineapple, or mandarin orange slices are sweet and tangy enough to give the desired effect of masking the bitter element of the broccoli. Variety is the spice of life.