

Green Rice with Sprouts

1 cup basmati rice

2 cups of water

2 tsp. chicken bouillon

½ cup mung bean or lentil sprouts

2 Tbsp. chopped green peppers

2 Tbsp. chopped green onions

Chopped parsley or parsley flakes for colour



Cook rice in water and bouillon for about ½ hours or until dry and fluffy. Add sprouts, chopped if desired, green onions and peppers and parsley. Mix well and serve.

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