



Red Cabbage and Black Rice, Greek Style

Ingredients

1/4 cup extra virgin olive oil
1 medium onion, chopped
2 garlic cloves, minced
1 pound purple cabbage (1 medium), shredded (about 5 cups)
Salt to taste
1 cup black rice
2 1/2 cups water
feta cheese and/or avocado (optional)
Freshly ground black pepper
1/4 cup chopped fresh parsley
1/4 cup chopped fresh dill
Freshly ground pepper

Preparation

1. Heat 3 tablespoons olive oil over medium heat in a deep, lidded skillet or saucepan. Add onion and cook, stirring often, until tender, about 5 minutes. Add garlic and stir until fragrant, about 30 seconds. Stir in cabbage, add a generous pinch of salt, and cook, stirring, until cabbage has wilted and softened, about 8 minutes. Add rice and stir to coat with olive oil.
2. Add water, salt, pepper, parsley and dill and bring to a boil. Reduce heat to low, cover and simmer 35 to 40 minutes, until rice is cooked through and the liquid is just about absorbed. Remove from heat, uncover and place a towel across the top of the pan. Return the lid and let sit for 10 minutes. Place on 4 plates, drizzle with remaining olive oil and top with feta cheese or avocado. Serve hot.

Compliments of Martha Rose Shulman