Recipe courtesy of Harvard University Dining Services

Mediterranean Rice

Serves 4

- 1 cup brown rice, rinsed
- 2 cups water
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 teaspoon oregano, dried
- 1 medium tomato, diced
- ¼ cup feta cheese, crumbled
- 2 cups baby spinach, chopped
- 3 leaves fresh basil, julienne cut
- 1 tablespoon fresh lemon juice
- Salt (optional) and pepper to taste

In a medium saucepan, bring the water to a boil. Add rice, stirring, and return to a boil. Cover, reduce heat to low and simmer until all the water has been absorbed, about 40 minutes.

While the rice cooks, combine oil, garlic, and oregano in a separate bowl. Gently toss in tomatoes and feta cheese.

When rice is finished cooking, remove from heat and let rest for a minute. Fold tomato mixture, spinach, and basil into rice. Pour lemon juice over rice and mix again.

Season with salt (if desired) and pepper to taste, and serve.

Nutritional information per serving:

- Calories: 270
- Protein: 6 g
- Carbohydrate: 40 g
- Fiber: 3 g
- Sodium: 135 mg
- Saturated fat: 2.5 g
- Polyunsaturated fat: 1 g
- Monounsaturated fat: 6 g
- Trans fat: 0 g
- Cholesterol: 10 mg