

## Coconut Rice

### Ingredients:

- 4 cups Basmati or Jasmine brown rice, cooked
- ½ cup lite or full-fat coconut milk,
- ½ cup onion, sliced thinly
- 2 garlic cloves, minced (optional)
- 2 tbsp. unsweetened shredded coconut, toasted
- 2 tbsp. cilantro leaves
- 2 tbsp. green onion or scallion, chopped finely
- 2 tbsp. coconut or Bragg's liquid aminos or to taste

### Directions:

1. Place coconut milk, onion slices, and minced garlic in a skillet over medium heat.
2. Sauté until onions are translucent (about 8 minutes). Add a touch of water if necessary.
3. Throw in your cooked brown rice and toss over medium-low heat with a large spoon or spatula until heated through.
4. Add the coconut or Braggs aminos and a little water if necessary.
5. Garnish with toasted shredded coconut, cilantro leaves, and chopped scallion.

**Tip:** Use low-fat coconut milk if diabetic, hypertensive or overweight. Try garnishing with thinly sliced or chopped red peppers or julienned carrots and toasted black and/or white sesame seeds for variation.

Servings: approximately 6

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