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Nasturtium Confetti Rice

The peppery bite of the leaves and bright colors of the petals from easy to grow nasturtiums add an unexpected “zing” to a plain rice side dish in this easy to make recipe.

1 cup cooked brown rice, warm
1 cup cooked white rice, warm
1 tablespoon unsalted butter
Sea salt and freshly ground pepper
2 tablespoons finely chopped unsprayed* nasturtium petals
2 tablespoons finely chopped unsprayed* nasturtium leaves
Sweet paprika
Handful of whole unsprayed nasturtium* blossoms, optional

Combine the warm brown and white rice in a medium sized serving bowl and toss with the butter until the butter is melted.

Add salt and pepper to taste

Gently blend in the chopped nasturtium petals.

Sprinkle lightly with the paprika and, if using, garnish with the whole blossoms.

Serve immediately.

Serves 4 as a side dish.

NOTE: Flowers which have been sprayed with pesticides should NEVER be used for culinary purposes either as an ingredient in a recipe or garnish. NEVER give edible flowers to children or persons with compromised immune systems.

Victoria Wesseler