

## Coconut Ginger Rice

Follow the directions for making brown rice so far as water (two to two-and-a-half times the amount of rice), pinch of salt (if you can have it), butter or margarine (if you wish to use it), etc.

(Leave out the butter or margarine to reduce points and fat grams – you won't miss them.)

Usually it's a 2 to 1 ratio – two (or slightly more if you like moister rice) cups of water to one cup of raw rice.

Get the water boiling, and just before you add your rice, add about 1T of finely chopped fresh ginger and about 2 tsp. coconut extract.

(You could use coconut milk as part of the water, but that really heaps on the sat fat and points, and the flavor is what you seek, so extract works just fine with 0 points.)

I also have found that by starting the water and rice at the same time, and heating them to boiling together, you get a nice robust sticky rice.

Count the points exactly as you would for brown rice, since you've added no fat or calories to the basic rice. One cup of cooked rice = 4 points (and that's a LOT of rice!).

This rice is really great for rice pudding, too, or with fruit, like cereal.

There are many wonderful rice varieties you may not be familiar with, like black rice, red rice, arborio, jasmine rice, etc., etc. Give them a try! Enjoy the great flavors.

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