

## TOMATO RICE WITH ASIAN GREENS

### *Ingredients:*

1½ cups tomato juice  
1 cup brown rice  
1 cup Asian greens, chopped  
½ cup frozen green peas  
½ cup frozen corn  
4 stalks celery, chopped  
1 small onion, chopped finely  
2 Tbsp lime juice  
1/3 cup pine nuts  
3 Tbsp vegetable oil  
Salt

**Tip:** substitute the rice with another whole grain like millet.



### *Instructions:*

- Cook the rice in tomato juice. Add your favourite spices and mix.
- In a medium pan, sauté the Asian greens, green peas, corn, celery and onion. Cook for about 10 minutes, until soft.
- Combine cooked rice with the sautéed vegetables. Add the lime juice and mix.
- Garnish with pine nuts.
- Serve with roasted chicken or grilled fish.

Serves 4

### **Good to know**

Some snacks are safer for your teeth than others. What does that mean? Foods high in sugar (i.e. processed candy) promote the growth of bacteria in your mouth. Cheese, raw vegetables, nuts and seeds are healthier food choices that have a protecting effect on your teeth. Choose wisely!