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## ***Ruby's Forbidden Sesame Rice Pilaf***

*By Ruby Lathon, PhD*

Everyone absolutely loves this dish and can't believe it's raw!!

### **Ingredients:**

- 1.5 Cups Organic Black Rice
- 1 medium tomatoes, diced
- 3 green onions, chopped
- 1/4 cup chopped cilantro
- 1 clove garlic, finely chopped
- ½ yellow bell pepper
- 1 ripe avocado, diced
- 1/4 teaspoon sea salt
- 1 teaspoon cold pressed olive oil or cold pressed sesame oil
- 1 teaspoon black or white sesame seeds

### **Directions:**

1. Soak rice overnight or 12 hours. Drain and rinse.
2. Add rice and all other ingredients to a bowl and gently stir until all ingredients are well incorporated.
3. Serve chilled or room temperature as a side item or main dish.



*Photo by Hannah Kaminsky, THE NIBBLE.*