

High Protein Basmati Rice

1 cup Lundberg California Brown Rice
2 cups water or broth
1 Tablsbn butter
salt to taste

Rinse rice well. Put all ingredients in a pot with a tight fitting lid.
Bring to a boil, stir once, reduce heat, cover and simmer 50 minutes.
Do not remove the lid to peek!
Remove from heat- let stand 10 minutes and fluff with a fork.

Meanwhile brown $\frac{1}{4}$ cup (or more!) sesame seeds in 1 teaspoon olive oil
and add toasted sesame seeds to the rice. Stir and serve.
The sesame seeds and rice together form a complete protein.