

## "Green" Rice Prima Vera with Asparagus, Peas & Pods

Makes 6 servings

1 cup basmati rice, rinsed and drained well  
1 1/2 cups water  
1/2 cup chopped parsley  
3 tablespoons butter  
3/4 cup 1/4-inch-diced onions  
1 1/2 teaspoons minced garlic  
1 tablespoon fresh lemon juice  
1 1/2 teaspoons minced lemon zest  
2 tablespoons cream  
1 1/4 teaspoons salt  
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1 tablespoon olive oil  
3/4 cup snap or snow peas, trimmed, stringed, and sliced on the diagonal  
3/4 cup sliced asparagus (tips left whole)  
1/2 cup frozen peas, partially defrosted, or fresh shelled peas  
salt & pepper, to taste  
2 tablespoons thinly sliced chives  
fresh pea vines for garnish, optional

Preheat oven to 375 degrees F. Place the very well-drained rice in a 1 1/2-quart baking dish.

Combine water and chopped parsley in a blender and blend to cut parsley very fine. Reserve.

Melt butter in a non-stick or heavy saucepan. Add onion and sauté over medium heat until soft, about 2 minutes. Add garlic and cook for about 30 seconds. Add water-parsley mixture, being sure to scrape the parsley into the pan. Add lemon juice, zest, cream and salt, and bring to a boil.

Stir the mixture into the rice, being sure to scrape up and include all the goodies. Seal tightly with foil and bake for about 20 to 25 minutes, or until the rice is tender and all the liquid is absorbed. When rice is done, fluff with a fork, and keep warm while finishing the vegetables.

During the last few minutes before rice is done, heat oil in a skillet over medium to medium-high heat. Add pea pods and asparagus, and sauté 1 1/2 minutes. Add shelled peas, and sauté 30 seconds more. Season vegetables to taste with salt and pepper, and fold vegetables and chives into rice before serving.