



Branch & Vine's Brown Rice Crust

*This is one of those recipes that you can use as a delicious and healthy alternative to a traditional crust. Try it with your favorite quiche or pot pie recipe. We know you will love our **Mediterranean Tart with Brown Rice Crust** recipe. You can even use leftover rice!*

Ingredients:

3 cups cooked brown rice (see below), cooled

1/3 cup grated Romano cheese (or similar)

1/4 cup Fontina Cheese

1 Tbsp **Tuscan Farmhouse h.e.r.b.** (or other r.u.b. or h.e.r.b. complimentary to filling)

2 tsp **B&V Robust EVOO or Flavor Infused Olive Oil**

2 eggs

1 Tbsp chia or flax seeds (optional, but a great healthy addition)

Directions: Use package instructions for water and rice amounts to yield 3 cups cooked. In medium sauce pan, add Tuscan Farmhouse h.e.r.b. and water and bring to boil. Add rice and cook just until all water has absorbed. Let cool completely.

If using leftover rice, add the Tuscan Farmhouse to the cooked rice and mix well.

Add cheese and beaten eggs to cooled rice and stir until well combined. Pour oil into deep fluted tart pan or a 9" deep dish pie pan and spread until bottom and sides are covered. Add rice mixture to oiled pan and spread evenly, packing down the bottom and all the way up the sides. TIP: it helps to wet your hand slightly to keep rice from sticking to it.

NOTE: If you are using your pie crust for a thin filling, such as for a quiche, parbake ("partially bake") in 400 degree oven for 5-7 minutes, until rice starts to get firm and holds together.

If using for thicker fillings, such and cheese or veggie fillings, no need to parbake.

This recipe can be tweaked for different fillings by using different B&V olive oils and h.e.r.b or r.u.b. combinations. For example, if making a tart with southwestern ingredients like grilled chicken, grilled sweet corn, green chilies, black beans, tomatoes and a Monterey Jack cheese blend, you can use the Tex-Mex r.u.b. and Cilantro Roasted Onion olive oil. The combination possibilities are endless!

Enjoy!!

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