

Rice with Roasted Veggies and Pomegranate Seeds

Recipe By *Faigy Murray*



Cooking and Prep:  30
m

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Vegetarian, Pescetarian,

Gluten Free, Vegan, No Refined

Sugar

Source: Kosher.com

Exclusive

For the colors alone it's worth it to make this dish! It's so vibrant and pretty you won't want to eat it; you'll want it as a centerpiece for your table. But once you taste it you won't be able to stop!! I often make extras of this and stuff **capons** with it.

Ingredients (8)

Main ingredients

- 3 tablespoons oil, such as **Gefen Canola Oil**
- 1 red onion, diced
- 1 red pepper, diced
- 1 yellow pepper, diced

- 1 green pepper, diced
 - 1 box mushrooms (approximately 10 ounces), diced
 - 3 cups cooked rice
 - pomegranate seeds
-

Start Cooking

Prepare the Rice Dish

1. In a large skillet heat the oil and add the vegetables. Sauté for about 10-15 minutes, stirring every so often until the onions are translucent. You don't want the vegetables to get too soggy.
2. Mix with the rice.
3. Toss with pomegranate seeds before serving.

Note:

This recipe freezes well.