



CHEF KATHRYN'S MACROBIOTIC- CRANBERRY BUTTERNUT ARAME... .. ONE POT-MEAL DISH

Ingredients:

serves 4-6

- 1 cup organic brown rice (short or long, short is sweeter)
- 3 cups water, and $\frac{1}{4}$ reserved
- 1 small Butternut Squash, cut into small chunks ($\frac{1}{4}$ inch)
- $\frac{1}{4}$ cup Brown Lentils, washed
- 2 Tablespoons Arame Seaweed (or more if you like), soaked 8 mins, in water
- $\frac{1}{4}$ - $\frac{1}{2}$ cup dried organic cranberries (Trader Joe's best price)
- 1 teaspoon sea salt
- 1 Tablespoon organic Coconut Butter

Procedure:

In 4 quart saucepan

Rinse brown rice, bring water to boil, stir; lower to simmer cook 20mins.
Bring water back up to a boil again, with $\frac{1}{4}$ more water, mix in Lentils and Cut
Butternut, & Sea Salt
Let boil for 12 mins, until Butternut is soft but not mushy, drop rinsed Arame
and cranberries in, stir cook 5-8. mins more. Adjust seas salt.
Can add some organic butter at end (1 Tablespoon)

COOKS NOTES:

**I MAKE THIS RECIPE FOR A NOURISHING BREAKFAST
CAN PREP THE SQUASH THE DAY BEFORE IF SERVING FOR BREAKFAST
MUST USE ORGANIC BUTTERNUT, NON-ORGANIC TASTES FLAT
CRANBERRIES ARE OPTIONAL, CAN USE FRESH, BUT COOK SEPARATELY,
AND THEN ADD LAST 5 MINS.
I USE RAW ORG. COCONUT BUTTER FROM ARTISANA ,CAN TRY OTHERS**

**RECIPE BY CHEF KATHRYN BARI-PETRITIS, REVISED RECIPE 2007
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