Black Rice and Broccoli with Almonds

Submitted by Diana of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients (makes 4 servings):
   1 cup black rice
   1 pound broccoli, cut into small florets stems peeled and cut into ¼ inch thick slices
   3 cloves of garlic unpeeled
   4 tbsps. extra-virgin olive oil
   ¾ tsp. Coarse salt
   Freshly ground pepper
   1 tsp. Dijon mustard
   2 tbsp. red-wine vinegar
   ½ cup sliced almonds, toasted
   1 cup lightly packed fresh flat-leaf parsley leaves
   2 scallions, thinly sliced

Preparation:
1. In a heavy-bottomed medium pot, bring rice and 1 ¾ cups water to boil. Reduce heat to maintain a simmer, cover, and cook until rice is tender and water is absorbed, about 35 minutes.
2. Remove from heat; let stand 10 minutes. Transfer to a serving bowl. Let cool slightly.
3. Meanwhile, preheat oven to 425 degrees. On a rimmed baking sheet, toss broccoli and garlic with 2 tbsps. oil. Season with ¼ tsp. salt and pepper. Roast, stirring once, until tender, about 20 minutes. Remove and reserve garlic; transfer broccoli to bowl with rice.