Red and Black Rice with Leeks and Pea Tendrils

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I made this on impulse when I found pea tendrils at the farmers' market this week, but you don't have to put aside the recipe until spring brings them to your markets — use baby spinach instead. The dish is inspired by a recipe for farro and black rice with pea tendrils from Suzanne Goin's "Sunday Suppers at Lucques."

INGREDIENTS:

- 3 tablespoons extra virgin olive oil
- 2 leeks, white and light green parts only, halved lengthwise, cleaned and sliced thin
- Salt to taste
- 2 teaspoons thyme leaves
- 3 cups cooked Wehani rice or Bhutanese red rice
- 1 cup cooked black rice, either Japonica or Chinese black rice
- 1 6-ounce bunch pea tendrils, ends trimmed, washed and spun dry, or 1 6-ounce bag baby spinach
- Salt and freshly ground pepper

Preparation:

Heat 2 tablespoons of the olive oil over medium heat in a large, heavy skillet, and add the leek and a pinch of salt. Cook, stirring, until the leeks soften, about three minutes. Stir in the pea tendrils or spinach. Cook, stirring, until they wilt, about three minutes for pea tendrils and one minute for baby spinach. Season to taste. Add the thyme, the remaining olive oil and rice, and stir until the mixture is combined. Season with freshly ground pepper, adjust salt and serve.

Yield: (serves 4 to 6)

Advance preparation:
The dish will keep for three to four days in the refrigerator and can be frozen.

Nutritional information per serving (four servings):
354 calories; 2 grams saturated fat; 2 grams polyunsaturated fat; 8 grams monounsaturated fat; 0 milligrams cholesterol; 59 grams carbohydrates; 5 grams dietary fiber; 48 milligrams sodium (does not include salt to taste); 7 grams protein

Nutritional information per serving (six servings):
236 calories; 1 gram saturated fat; 1 gram polyunsaturated fat; 5 grams monounsaturated fat; 0 milligrams cholesterol; 39 grams carbohydrates; 4 grams dietary fiber; 32 milligrams sodium (does not include salt to taste); 5 grams protein