

# **Sunshine Rice**

From the National Heart, Lung, and Blood Institute  
<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/sunshric>

## **Ingredients**

- 1 ½ tablespoon vegetable oil
- 1 ¼ cup finely chopped celery with leaves
- 1 ½ cup finely chopped onion
- 1 cup water
- ½ cup orange juice
- 2 tablespoons lemon juice
- Dash of hot sauce
- 1 cup long-grain white rice, uncooked\*
- ¼ cup slivered almonds

## **Instructions**

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in almonds. Serve immediately as a side dish for a fish entrée.

**Makes 4 servings**

## **Nutrition information per serving**

Calories: 182	Dietary Fiber: mg
Total Fat: 7 g	Sodium: 21 mg
Saturated Fat: less than 1 g	Protein: mg
Cholesterol: 0 mg	Carbohydrates: g

\*Substitute brown rice for higher nutritional value.



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