

BROWN RICE PILAF WITH SAGE, WALNUTS AND DRIED FRUIT

USDA SNAP-Ed Recipe Finder

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Ingredients

- Canola cooking spray, as needed
- 1 medium onion, chopped
- 1 medium stalk celery, ends trimmed and chopped
- 2 cups brown rice, uncooked
- 2 ½ cups water
- 2 cups fat-free vegetable broth, reduced sodium
- ¼ cup dark raisins
- ¼ cup dried apricots, chopped
- 4 cup chopped walnuts (optional)
- 1 tsp. dried sage
- 2 Tbsp. fresh sage, chopped
- Salt, to taste
- Pepper, to taste

Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately

Makes 8 servings. Serving Size: 1/8 of recipe

Cost

Per Recipe: \$ 3.03

Per Serving: \$ 0.38

Nutritional Information per serving (8 servings)

Calories: 220

Calories from fat: 15

Total fat: 1.5g

Saturated fat: 0

Trans fat: 0g

Cholesterol: 0 mg

Sodium: 130mg

Total carbohydrate: 47g

Dietary fiber: 4g

Sugars: 3g

Protein: 5g

Vitamin A: 4%

Vitamin C: 2%

Calcium: 4%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center