

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Yield 8 servings

Ingredients

1	canola cooking spray (as needed)
1	onion (medium, chopped)
1	celery (medium stalk, ends trimmed and chopped)
2 cups	rice (brown, uncooked)
2 1/2 cups	water
2 cups	vegetable broth (fat-free, reduced sodium)
1/4 cup	raisins (dark)
1/4 cup	apricots (dried, chopped)
4 cups	walnuts (chopped, optional)
1 teaspoon	sage (dried)
2 tablespoons	sage (fresh, chopped)
	salt (to taste, optional)
	pepper (to taste, optional)

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.

Cost

Per recipe: \$3.03

Per serving: \$0.38

Source

American Institute for Cancer Research, Diet & Cancer

Nutrition Facts

Serving Size 1/8 of recipe (320g)
Servings Per Container 8

Amount Per Serving

Calories 220 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 47g **16%**

Dietary Fiber 4g **16%**

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. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
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Total Fat	Less than	65g	80g
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Saturated Fat	Less than	20g	25g
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Cholesterol	Less than	300mg	300mg
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Sodium	Less than	2,400mg	2,400mg
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Total Carbohydrate		300g	375g
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Dietary Fiber		25g	30g
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4