

Nutted Brown Rice Pilaf

Ingredients:

2 tbsp. olive oil
 1 onion, finely chopped
 ½ tsp. salt
 ⅓ cup slivered almonds
 ⅓ cup pistachio halves
 ⅓ cup walnuts, chopped
 3 garlic cloves, minced
 1 tsp. ground coriander
 ½ tsp. ground cumin
 ½ tsp. ground black pepper
 1 cup long grain brown rice
 1 cup white wine, non-alcoholic
 1 ½ cup low sodium vegetable broth



Nutrition Facts

Serving Size 1/2 cup (113g)
 Servings Per Container 11

Amount Per Serving

Calories 150 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 16g **5%**

 Dietary Fiber 2g **8%**

 Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 4%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*SOY FREE



*GLUTEN-FREE



*CONTAINS NUTS

Directions:

1. In a large frying pan with a tight fitting lid, cook olive oil, onion and ½ tsp. salt over medium heat until onion is soft, about 3 minutes.
2. Increase heat to high and add almonds, pistachios, and walnuts. Cook, stirring until nuts start to toast. Reduce heat if onions start to burn.;
3. Add garlic and cook until fragrant, about 30 seconds.
4. Add coriander, cumin and pepper. Cook, stirring until fragrant, about 30 seconds. Add rice and stir to combine.
5. Add non-alcoholic wine and cook, stirring until absorbed, about 2 minutes. Add broth and bring to a boil. Cover, reduce heat to low, and cook until rice is tender to the bite, about 50 minutes. Fluff with a fork.