

Healthy recipes

Whole Grain Rice Pilaf

Yield: 6 servings

Calories: 100

Fat: 2 g

Sodium: 120 mg

Protein: 3 g

Ingredients

Olive or canola oil	2 tsp
Garlic	½ tsp (fresh, chopped or minced)
or garlic powder	⅛ tsp
Onions	¼ cup (diced)
Mushrooms	½ cup (sliced)
Red pepper	½ cup (sliced)
Pasta (whole wheat or multigrain angel hair)	½ cup (broken into pieces)
Chicken broth (low-sodium, fat-free)	1 14-oz can
Instant brown rice	1 cup
Parsley	1 Tbsp (chopped, fresh) or 1 tsp (dried)
Salt to taste	

Directions

In a non-stick fry pan, saute onions, garlic, mushrooms and red pepper in olive oil for about 3 minutes.

Add pasta and cook for 2 minutes more.

Add the chicken broth, rice and parsley. Reduce heat and cook until all the broth is absorbed — about 10 minutes.

Let this sit for 5 minutes with the heat off, and serve.

Tips

- Using whole or multigrains for pasta and rice adds fiber, nutrients and protective antioxidants.
- To reduce sodium and fat content, choose low-sodium, fat-free broth.