

Brown Rice Pilaf with Sage, Walnuts, and Dried Fruit

Ingredients:

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

Preparation:

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.
4. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
5. Stir in sage, salt, pepper, and walnuts, if desired.
6. Transfer to a serving dish. Garnish with fresh sage and serve immediately.

Yields 8 servings

Nutritional Information Per Serving: 220 calories, 5g protein, 47g carbohydrate (4g fiber), 1.5g fat, 0mg cholesterol, 130mg sodium

Source: U.S. Department of Agriculture

