

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Rating: ★★★★★

Makes: 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)

Directions

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.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	1.5 g	2%
Protein	5 g	
Carbohydrates	47 g	16%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	130 mg	5%

5. Transfer to serving dish. Garnish with fresh sage and serve immediately.