



Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Makes: 8 servings

Dried fruit and sage combine to give this whole grain dish a flavor of fall, but you can enjoy it any time of the year!

Ingredients

- 1 canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 2 celery (small stalks, 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)

Nutrition Information

Nutrients	Amount
Calories	199
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	50 mg
Total Carbohydrate	42 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	5 g
Vitamin D	0 IU
Calcium	34 mg
Iron	1 mg
Potassium	162 mg

N/A - data is not available

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 Grains	1 1/2 ounces
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1/4 cup 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.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Source: American Institute for Cancer Research, Diet & Cancer