

COMMUNITY



LiveBetter with MedWatch

Holiday Rice Pilaf

Ingredients

- 1 Tbsp. stick margarine
- 3 cups (about 8 ounces) sliced fresh mushrooms
- 1 cup chopped sweet red pepper
- $\frac{3}{4}$ cup sliced green onions
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp. salt
- 3 (10.5-ounce) cans low-sodium chicken broth
- 1 (12-ounce) package wild rice blend
- $\frac{1}{4}$ cup chopped pecans, toasted

Preparation

1. Melt margarine in a large, nonstick skillet over medium-high heat.
2. Add mushrooms, sweet red pepper, green onions and garlic.
3. Sauté 5 minutes or until vegetables are tender. Set aside, and keep warm.
4. Combine salt and broth in a large saucepan; bring to a boil.
5. Add rice blend; cover, reduce heat, and simmer 25 minutes until liquid is absorbed and rice is tender.
6. Stir in mushroom mixture; cook 1 minute or until thoroughly heated. Stir in pecans. Serve immediately.

Makes 14 servings. Serving size: $\frac{1}{2}$ cup.

Nutrition Analysis



Per serving: 121 calories, 4 g protein, 3 g fat (0.4 g saturated fat), 21 g carbohydrate, 0 mg cholesterol, 232 mg sodium



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