



BASMATI & WILD RICE WITH RAINBOW CHARD

QUICK INFORMATION

TIME



30MIN

SERVES



6

CALORIES



230

GLUTEN FREE



RECIPE

INGREDIENTS

1 cup Lundberg Basmati and Wild Rice, cooked according to directions

4 oz. pancetta, cubed and browned

¼ cup shallots, minced

1 Tbsp. garlic, minced

1 bunch of rainbow chard, stems trimmed and leaves cut into 1" strips

¾ cup carrots, diced small

½ cup white wine

½ tsp. salt

⅛ tsp. nutmeg

¼ tsp. pepper

4 oz of brie cheese, cut into small cubes

NUTRITIONAL FACTS

Serving Size: 1 cup

AMOUNT PER SERVING

Calories 230 Calories from Fat 81

Total Fat 9g
Saturated Fat 4.5g

Cholesterol 25mg

Sodium 490mg

Total Carbohydrates 27g
Fiber 3g
Sugar 2g

Protein 10g

PREPARATION

Sauté pancetta in a medium hot skillet. When starting to turn golden brown, add the shallots and garlic; remove from pan when the garlic and shallots get translucent. Add the chard and carrots to the hot pan letting the chard start to wilt. Add the wine, salt, nutmeg and pepper. Cover and let cook on medium for about 5 minutes. Once the wine has mostly evaporated, return the pancetta, shallots and garlic to the pan. Stir in the cooked Lundberg Brown Basmati and Wild Rice, continue stirring until warmed through. Add the brie at the end, stirring until the cheese melts. Serve immediately.