



BASMATI & WILD MUSHROOM PILAF

QUICK INFORMATION

TIME

 45 MIN

SERVES

 4

CALORIES

 320

GLUTEN FREE

 RECIPE

VEGETARIAN

 RECIPE

INGREDIENTS

1 cup Lundberg Family Farms Brown Basmati & Wild Rice Blend

1¾ cup beef or vegetable broth

2 large cloves, finely minced

1½ cups, yellow onions, thinly sliced

1 tsp salt

1 cup fresh exotic mushrooms, coarsely chopped*

2 Tbsp. olive oil

¼ cup crumbled gorgonzola cheese

¼ cup torn fresh sage leaves

¼ cup toasted walnuts

*Can substitute 1 cup loosely packed dry mushrooms. Pour 1 cup boiling beef or vegetable stock over them to rehydrate. Reserve the strained broth and use as cooking liquid for the rice for a heartier mushroom flavor.

NUTRITIONAL FACTS

Serving Size: 1 cup

AMOUNT PER SERVING

Calories 320 Calories from Fat 135

Total Fat 15g
 Saturated Fat 3g

Cholesterol 5mg

Sodium 780mg

Total Carbohydrates 40g
 Fiber 4g
 Sugar 3g

Protein 9g

PREPARATION

In a medium saucepan bring broth, garlic and Lundberg Brown Basmati and Wild Rice to a boil. Cover, reduce heat to a low simmer and cook for 35 minutes.

In a sauté pan, heat the oil to medium high; add the onions. Once the onions are coated in oil and starting to become translucent, add the salt. This will help them release some of the water and help with caramelizing the onions. Adjust the temperature of the pan watching to not to burn the onions. Add the mushrooms after the onions are a golden brown. Cook the mushrooms until most of the moisture is cooked out.

Remove onions and mushroom from heat, and add to the rice. Add the gorgonzola and stir well to melt the cheese. Add salt and pepper to taste. Generously garnish with the sage and walnuts. Serve immediately.

For a vegan option, use vegetable stock instead of beef and use your favorite strong flavored non-dairy cheese.