



CRANBERRY PECAN RICE PILAF


QUICK INFORMATION

TIME

30 MINS

SERVES

4

CALORIES

450

INGREDIENTS

- 1 cup uncooked Lundberg® White Jasmine Rice or White Basmati Rice
- 2 tbsp. butter
- 1 (14.5 oz.) can chicken broth
- 1 cup grated Parmesan cheese
- ½ cup dried cranberries
- ½ cup chopped pecans, toasted
- ¼ cup sliced green onions
- Salt and ground black pepper to taste

NUTRITIONAL FACTS

Serving Size: 1/4 serving (213g)

AMOUNT PER SERVING

Calories 450 Calories from Fat

Total Fat 22g
 Saturated Fat 8g
 Trans Fat 0g

Cholesterol 35mg

Sodium 760mg

Total Carbohydrate 53g
 Dietary Fiber 1g
 Total Sugars 12g

Protein 11g

PREPARATION

Melt butter in 2 quart saucepan over medium heat. Add rice; cook and stir 2 to 3 minutes. Add broth and heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove from heat. Stir in cheese, cranberries, pecans and onions. Season to taste with salt and pepper. Makes 4 servings.

Recipe adapted from USA Rice Federation