

Brown Rice Pilaf

Ingredients:

- 1 1/2 cup brown rice
- 3 cups water
- 1/4 cup almonds, chopped
- 1 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

Equipment:

- Medium sauce pan with lid
- Measuring cups
- Measuring spoons

Number of Servings: 6
 Preparation Time: 5 minutes
 Total time: 1 hour

Directions

1. Place all ingredients in a 3 quart saucepan, and bring to a boil.
2. Cover and cook for 50 minutes, do not uncover while cooking!
3. Fluff cooked rice with a fork.

**TIP: This dish goes very well with fish and chicken.
 Add a large green salad to complete the meal!**

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Nutrition Facts

Serving Size: 1/2 cup

Servings: 6

Amount Per Serving

Calories 208

Calories from Fat 45

%Daily Value*

Total Fat 5g

7%

Saturated Fat 1g

3%

Cholesterol 0mg

0%

Sodium 8mg

0%

Total Carbohydrate 37g

12%

Dietary Fiber 2g

8%

Protein 5g

10%

Vitamin A

0%

Vitamin C

0%

Iron

6%

Calcium

0%

*Percent Daily Values are based on a 2,000 calorie diet.

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