

# Apricot Rice Pilaf

*Publix Aprons*

*www.Publix.com*

*1 cup dried apricots, coarsely chopped*

*1/4 cup chopped pecans*

*2 tablespoons apricot (or peach)*

*preserves*

*1 pouch (8.5 ounce) precooked whole  
grain rice blend*

*1 tablespoon fresh Italian parsley,  
coarsely chopped*

Chop the apricots. Place in a large bowl. Add the pecans and preserves.

Cook the rice following package directions.

Chop the parsley.

Add the rice to the bowl. Stir in the parsley.

Serve.

---

Per Serving (excluding unknown items): 509 Calories; 21g Fat (33.4% calories from fat); 7g Protein; 86g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fruit; 4 Fat.