

Brown Rice Pilaf

Jill Wendhold Silva - Kansas City Star
Palm Beach Post

Servings: 4

2 teaspoons olive oil
2 cloves garlic, minced
1 can (14.5 oz) reduced-sodium chicken broth
1 1/4 cups water
1 cup brown rice
salt and pepper (to taste)
1 tablespoon fresh flat-leaf parsley, minced
2 teaspoons fresh rosemary, minced

Heat the oil in a medium saucepan over medium-high heat. Add the garlic and cook for 30 to 60 seconds, stirring frequently.

Add the broth and water. Heat to a boil.

Stir in the rice, salt and pepper.

Reduce the heat to low. Cover and cook for 40 minutes.

Stir in the parsley and rosemary.

Cover and cook for 10 minutes or until the water is absorbed and the rice is tender.

Spoon into a deep platter.

Yield: 4 one-cup servings

Per Serving (excluding unknown items): 195 Calories; 4g Fat (16.5% calories from fat); 4g Protein; 37g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.