

# Brown Rice Pilaf with Sage, Walnuts, and Dried Fruit

This yummy dish is full of nutrients and fiber to keep you full until your next meal!

Makes: 8 servings  
 Prep Time: 15 minutes  
 Cook Time: 50 minutes

Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

## Ingredients

- canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 1 celery stalks (small, ends trimmed and chopped)
- 2 cups brown rice
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins
- 1/4 cup dried apricots, chopped
- 1/4 cup chopped walnuts (optional)
- 1 teaspoon dried sage
- 2 teaspoons fresh sage (chopped)
- salt (to taste, optional)
- pepper (to taste, optional)

## Directions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories:	212
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	34 mg
Total Carbohydrates:	44 g
Dietary Fiber:	4 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	6 g

## Utensils Needed

- Skillet
- Cutting Board
- Knife
- Measuring Spoons
- Measuring Cups

# SHOPPING LIST









Average total cost without oil and seasonings: \$15.39

Average cost/serving: 1.92

Recipe makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Onion: \$0.70	<input type="checkbox"/>		Add 1 to Cart Brown Rice (16 oz): \$0.78
<input type="checkbox"/>		Add 1 to Cart Celery Stalk Bunch: \$1.78	<input type="checkbox"/>		Add 1 to Cart Low Sodium Vegetable Broth (32 oz): \$1.68
<input type="checkbox"/>		Add 1 to Cart Raisins (12 oz): \$2.48	<input type="checkbox"/>		Add 1 to Cart Dried Apricots (6 oz): 2.87
<input type="checkbox"/>		Add 1 to Cart Chopped Walnuts (8 oz): \$3.12	<input type="checkbox"/>		Add 1 to Cart Fresh Sage (0.75 oz): \$1.98

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- If you are allergic to nuts, add some grilled chicken or beans for protein.
- Add in any leftover vegetables you have, like broccoli, peppers, or carrots.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Minestrone Soup
  - Kale with Nuts and Raisins
  - Taco Rice Salad