



Brown Rice Pilaf with Sage, Walnuts, and Dried Fruit



Ingredients



Adapted from *USDA MyPlate*

- 1 Tbsp. canola oil, more as needed
- 1 onion (medium, chopped)
- 1 celery (medium stalk, ends trimmed and chopped)
- 2 cups rice (brown, uncooked)
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins (dark)
- 1/4 cup apricots (dried, chopped)
- 4 walnuts (1/4 cup, chopped, optional)
- 1 tsp. sage (dried)
- 2 Tbsp. sage (fresh, chopped)
- salt & pepper (to taste, optional)



Directions



Yield: 8 servings **Serving size:** 1 cup

1. Heat oil in 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.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Brown Rice Pilaf with Sage, Walnuts, and Dried Fruit



Ingredients



Adapted from *USDA MyPlate*

- 1 Tbsp. canola oil, more as needed
- 1 onion (medium, chopped)
- 1 celery (medium stalk, ends trimmed and chopped)
- 2 cups rice (brown, uncooked)
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins (dark)
- 1/4 cup apricots (dried, chopped)
- 4 walnuts (1/4 cup, chopped, optional)
- 1 tsp. sage (dried)
- 2 Tbsp. sage (fresh, chopped)
- salt & pepper (to taste, optional)



Directions



Yield: 8 servings **Serving size:** 1 cup

1. Heat oil in 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.

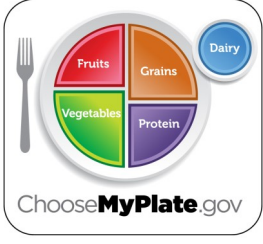

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups

Cooking Tips



- Try adding other vegetables or some root vegetables (mushrooms, butternut squash, etc.)
- Substitute your favorite herbs and spices in

Nutrition Facts	
Serving Size 1/8 of recipe (320g)	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 47g	16%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 4%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

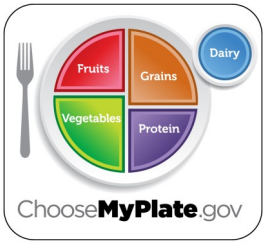

Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups

Cooking Tips



- Try adding other vegetables or some root vegetables (mushrooms, butternut squash, etc.)
- Substitute your favorite herbs and spices in
-

Nutrition Facts	
Serving Size 1/8 of recipe (320g)	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 47g	16%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 4%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Second Harvest is an equal opportunity provider.