

Easy Rice Pilaf



Ingredients

½ c.	Rice, uncooked
1 c.	Chicken broth or water
1 ½ c.	Vegetables (broccoli, carrots, peas, celery)
¼ c.	Onion, diced
1 tsp.	Garlic powder
¼ tsp.	Pepper
To taste	Salt

Directions

Preheat oven to 400 F.
Place all ingredients in a medium sized baking dish. Cover with foil.
Bake 30 mins. Or until rice is tender

Prep: 10 mins.

Cook: 30 mins.

Makes: 2 1/2 cups (5 - ½ c. servings)

Nutrition Facts

5 servings per container

Serving size **1/2 c.**

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 18g **7%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Place all ingredients in a baking dish, cover. Bake at 400 F for 30 mins.



Pilaf is done when rice is tender & liquid is absorbed.



*Great source of
Vitamins A & C*

*Created by Rayshal Spalding; University of Idaho,
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