

Riverview Wellness Center

RECIPES

Recipe for: Basmati Brown Rice with Dried Fruits and Nuts

Ingredients:

¼ cup unsalted butter
1 small yellow onion, minced
1½ cups brown basmati rice
3¼ cups water
¾ teaspoon salt
Freshly ground pepper
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
¼ cup raisins
¼ cup dried cranberries
½ cup dried cherries
½ cup pecans, toasted and coarsely chopped

Preparation:

- In a saucepan over medium heat, melt the butter.
- Add the onion and sauté, stirring, until soft, about 10 minutes.
- Meanwhile, rinse the rice well and drain.
- When the onion is ready, add the rice, water, salt, pepper to taste, cinnamon, allspice, raisins, cranberries and apricots to the sauce pan.
- Bring to a boil; reduce the heat to low, cook per box instructions.
- Add the pecans and toss to combine.
- Transfer to a warmed dish and serve immediately.