



Oriental Rice

Yield: 10 servings

Serving size: ½ cup

Ingredients:

- 1½ cups water
- 1 cup chicken stock or broth, skim fat from top
- 1⅓ cups long-grain white or brown rice, uncooked
- 2 teaspoons vegetable oil
- 2 tablespoons onion, finely chopped
- 2 tablespoons green pepper, finely chopped
- ½ cup pecans, chopped
- ¼ teaspoon ground sage
- 1 cup celery, finely chopped
- ½ cup water chestnuts, sliced
- ¼ teaspoon nutmeg
- black pepper to taste



Directions:

1. Bring water and stock to a boil in medium-size saucepan.
2. Add rice and stir. Cover and simmer 20 minutes.
3. Remove pan from heat. Let stand, covered, 5 minutes or until all liquid is absorbed. Reserve.
4. Heat oil in large non-stick skillet.
5. Sauté onion and celery over moderate heat 3 minutes. Stir in remaining ingredients including reserved cooked rice. Fluff with fork before serving.

Nutrition Facts: Calories: 139; Total fat: 5 g; Saturated fat: less than 1 g; Cholesterol: 0 g; Sodium: 86 mg; Fiber: 1 g; Protein: 3 g; Carbohydrate: 21 g; Potassium: 124 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.