



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Savory Brown Rice

Ingredients:

- 1 Tbsp olive oil
- 1 C onion, chopped
- 1 C portabella mushrooms, rinsed, halved, then thinly sliced
- ½ C celery, rinsed and finely diced
- 2 C low-sodium chicken broth
- 1 C instant brown rice, uncooked
- ¼ C dried parsley
- ¼ tsp salt
- Ground black pepper to taste

Directions:

1. In a 4-quart saucepan, warm olive oil over medium heat. Add onion, mushrooms, and celery. Cook and stir for 5–7 minutes, until all vegetables are soft, but not brown.
2. Stir in the chicken broth, brown rice, parsley, salt, and pepper. Cover. Bring to a boil over high heat.
3. Reduce heat to medium. Cook according to brown rice package directions, about 5–10 minutes. Drain off any excess liquid. Fluff with a fork. Serve immediately.

Serves 4

246 calories, 5 g fat, 1 g saturated fat, 43 g carbohydrate, 4 g fiber, 7 g protein, 221 mg sodium

Source: National Heart, Lung, and Blood Institute

