Moroccan Style Rice
Serving Size: 1/6 of recipe
Serves: 6

Ingredients
¾ cup walnuts, chopped
1 cup brown rice, cooked according to package directions
1 cup fresh parsley, chopped
¾ cup golden raisins

Directions
In a small pan, lightly toast the walnuts about 1-2 minutes, stirring constantly. Do not overcook.
When the rice is done and while still hot, stir in the walnuts, parsley and raisins. Stir together and serve.

Exchanges per serving:
1 Starch, 2 Vegetables, 2 Fats

Nutrients per serving:
Calories: 197
Calories from fat: 84
Total Fat: 10g
Cholesterol: 0mg
Sodium: 10mg
Total Carbohydrate: 26g
Dietary Fiber: 3g
Protein: 4g