

Moroccan Style Rice

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

$\frac{3}{4}$ cup walnuts, chopped

1 cup brown rice, cooked according to package directions

1 cup fresh parsley, chopped

$\frac{3}{4}$ cup golden raisins

Directions

In a small pan, lightly toast the walnuts about 1-2 minutes, stirring constantly. Do not over cook.

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