

Pineapple Rice

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1 cup black rice

1¾ cups low sodium vegetable broth

2 tablespoons olive oil

1 medium onion, chopped

1 clove garlic, minced

½ cup fresh pineapple, cut into ½ inch cubes

½ cup white raisins

½ cup slivered almonds

Dash of Salt and pepper

½ cup fresh Italian parsley, chopped

Directions

Cook the black rice according to package directions.

Instead of water, use low sodium vegetable broth for cooking the rice.

Cut the pineapple and reserve 1 cup for this recipe. Store the rest covered in the refrigerator.

Heat the oil in a sauté pan over medium high heat.

Add the onions and sauté until soft.

Add the garlic, pineapple, raisins, almonds, salt and pepper.

Sauté, stirring until the pineapple is slightly browned.

Combine the sauté ingredients and the parsley with the cooked rice.

Serve immediately.

Exchanges per serving:

1½ Starches, ½ Veg, 1 Fruit, 2 Fats

Nutrients per serving:

Calories: 269

Calories from fat: 86

Total Fat: 10g

Cholesterol: 0mg

Sodium: 65mg

Total Carbohydrate: 42g

Dietary Fiber: 4g

Protein: 6g