

Vegetable Pulao

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

2 tablespoons vegetable oil

¼ cup cashews

½ teaspoon cumin seeds

2 dried bay leaves

4 green cardamom pods or ½ teaspoon ground

4 whole cloves

1 onion, finely chopped

1 carrot, finely diced

1 cup basmati rice, soaked for 30 minutes

½ cup frozen green peas, thawed

½ cup frozen whole kernel corn, thawed

2 cups vegetable broth

¼ teaspoon ground cumin

Pinch of salt

Directions

Heat the oil in a large pan. Stir fry the cashews for 1 minute until lightly browned. Be careful not to burn. Reserve.

To the pan add the cumin seeds and fry for 2 minutes. Add the bay leaf, cardamom and cloves and fry for 2 minutes stirring. Add the onion and fry until lightly browned. Stir in the diced carrot and cook stirring for 3-4 minutes.

Drain the soaked rice and add to the pan. Stir well to mix. Add the peas, corn and fried cashews. Add the vegetable broth and the remaining spices. Bring to a boil. Reduce heat to low and cook covered for 15 minutes until the water is absorbed.

Let stand covered for 10 minutes before serving.

Exchanges per serving:

1 Starch, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 141

Calories from fat: 65

Total Fat: 7g

Saturated Fat: 3.5g

Cholesterol: 0mg

Sodium: 117mg

Carbohydrate: 16g

Dietary Fiber: 3.6g

Protein: 2.9g