Vegetable Pulao
Serving Size: 1/6 of recipe
Serves: 6

Ingredients
2 tablespoons vegetable oil
1/4 cup cashews
1/2 teaspoon cumin seeds
2 dried bay leaves
4 green cardamom pods or 1/2 teaspoon ground
4 whole cloves
1 onion, finely chopped
1 carrot, finely diced

1 cup basmati rice, soaked for 30 minutes
1/2 cup frozen green peas, thawed
1/2 cup frozen whole kernel corn, thawed
2 cups vegetable broth
1/4 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