

Oriental Rice

1 ½ C	water
1 C	chicken stock or broth, fat skimmed from top
1 1/3 C	long grain white rice, uncooked
2 tsp	vegetable oil
2 Tbsp	onion, finely chopped
1 C	celery, finely chopped
½ C	pecans, chopped
¼ tsp	ground sage
½ C	water chestnuts, sliced
¼ tsp	nutmeg
to taste	black pepper

Yield: 10 servings
Serving size: ½ cup
Each serving provides:
Calories: 139
Total fat: 5 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 86 mg
Total fiber: 1 g
Protein: 3 g
Carbohydrates: 21 g
Potassium: 124 mg

1. Bring water and stock to boil in medium-size saucepan.
2. Add rice and stir. Cover and simmer for 20 minutes.
3. Remove pan from heat. Let stand, covered, for 5 minutes or until all liquid is absorbed. Reserve.
4. Heat oil in large nonstick skillet.
5. Sauté onion and celery over moderate heat for 3 minutes. Stir in remaining ingredients, including reserved cooked rice. Fluff with fork before serving.

Source: *Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute. NIH Pub No. 03-2921, July, 2003.*