

## Almond Rice Pilaf

6 servings

Whole grains contain the whole grain kernel. Refined grains have been put through a process that removes the fiber, iron, and many B vitamins. Iron and B vitamins are often added back into refined products, but fiber is not.



- 1 Tablespoon butter or margarine
- 1/2 cup onion, scrubbed with clean vegetable brush under running water, finely chopped
- 1 1/2 cups water
- 2 chicken bouillon cubes
- 1 1/2 cups instant rice, uncooked
- 2 Tablespoons slivered almonds or sunflower seeds (can add more to taste if desired)

1. Wash hands with soap and water.
2. In a medium saucepan, melt butter, add onions and sauté until tender.
3. Add water and bring to a boil.
4. Add bouillon cubes and stir to dissolve.
5. Stir in rice and slivered almonds. Cover and remove from heat. Let stand 5 minutes.
6. Fluff with fork and serve.

**Notes:** May substitute 2 cups chicken broth for the water and bouillon cubes.  
Consider adding some fresh or frozen vegetables like carrots or peas.

**Nutrition Information per Serving: (1/6 of recipe)** Calories 80, Total Fat 3.5g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 125mg, Total Carbohydrate 11g, Dietary Fiber <1 g, Sugars 1g, Protein 2g, Vitamin A 2%, Vitamin C 2%, Calcium 2%, Iron 2%.