

# Dill Rice Pilaf

Nebraska Seasonal Produce Guide

4 Servings



EXTENSION

Health & Wellbeing



## Ingredients

- 3 Tablespoons fresh dill, gently rubbed under cold running water, finely chopped
- ½ cup onion, scrubbed with a clean vegetable brush under running water, chopped
- 2 Tablespoons vegetable oil
- 2 cups water
- 1 cup uncooked brown rice
- 1 teaspoon salt
- 1 Tablespoon lemon juice
- ¼ teaspoon black pepper

## Instructions

1. Wash hands with soap and water.
2. Rinse dill by gently moving it around in a bowl of cool water. Pat dry with a paper towel, then finely chop.
3. Chop the onion into small pieces.
4. Heat the vegetable oil in a medium-sized pot. Sauté the chopped onion for about a minute.
5. Add 2 cups of water, brown rice, salt, lemon juice, pepper, and dill into the pot of sautéed onion and bring to a boil.
6. Lower the heat so the rice mixture is simmering, and cover the pot with a lid. Cook rice according to the directions on the package.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1/4 of recipe):** Calories 260, Total Fat 8g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 590mg, Total Carbohydrates 32g, Fiber 3g, Total Sugars 1g, includes 0g Added Sugars, Vitamin D 0%, Calcium 0%, Iron 6%, Potassium 4%



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