

Pecan Wild Rice

Ingredients:

2 pouches long grain & wild rice, blend
2 tablespoons olive oil, divided
½ cup onions, diced
½ cup carrots, diced
½ cup red bell pepper, diced
Salt (to taste)
Black pepper (to taste)
¾ cup frozen peas
¾ teaspoon red pepper flakes
½ cup chopped pecans
2 tablespoons parsley, finely chopped (optional)

Instructions:

1. Cook rice according to the instructions on the microwave pouch. Pour the rice into a large bowl. Set aside.
2. In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add onions, carrots, bell pepper, salt, and pepper. Sauté until softened, about 5 minutes. Stir often. Then, add the peas and red pepper flakes. Stir to mix well. Cook for about 5 minutes. Stir often.
3. Pour the cooked vegetables into the bowl with the rice. Set aside.
4. In the same skillet, add the pecans. Toast until browned, about 1-2 minutes.
5. Add the rice and vegetables back to the skillet with the pecans. Drizzle with 1 tablespoon of olive oil. Stir to mix well. Cook until evenly heated, about 1 minute.
6. Garnish with parsley. Serve hot as a side or main dish.

Source: LSU AgCenter

Serves: 4-6

Serving Size: ½ cup

Prep Time: 10 minutes

Cook time: 25 minutes

Nutrition Facts

6 servings per container
Serving size ½ cup

Amount per serving
Calories 240

% Daily Value*

Total Fat 13g 17%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 480mg 21%

Total Carbohydrate 28g 10%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 59mg 4%

Iron 2mg 10%

Potassium 243mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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