Harvest Rice

A quick, attractive recipe for any week night or special occasion. This low fat, low cholesterol recipe promotes good health, and won't break the budget. Be sure to leave the apple peel on for the extra nutrients and fiber.

Yield: 6 servings (about 1 cup)

Ingredients

1 tablespoon vegetable oil
1 cup julienne or very thinly sliced carrots
1 cup sliced green onions
2 cups cored and diced unpeeled apples
3 cups cooked brown rice
1/2 cup seedless raisins, coarsely chopped
1 tablespoon sesame seeds (optional)
1/2 teaspoon salt

Preparation:

1. Heat oil in large skillet over medium-high heat.
2. Cook carrots 3 to 5 minutes or until tender-crisp.
3. Add onions and apples; cook 3 to 5 minutes.
4. Stir in rice, raisins, sesame seeds and salt.
5. Cook, stirring often, 1 to 2 minutes or until heated thoroughly.

   If using rice cooked a day or two before, heat the dish to 165^0 Fahrenheit.

Nutrition Information per serving

Calories:	210	Protein:	4 grams (g)
Carbohydrate:	41 g	Total fat:	4 g
Dietary Fiber:	5 g	Sodium:	210 milligram

Source : USA Rice Federation. Accessed 10-17-2014
http://www.usarice.com/index.php?option=com_recipe&view=recipe&id=779&tmpl=co...