



## Cilantro Pesto and Brown Basmati Rice

Try pine nuts, pecans or cashews in place of walnuts.

Try serving with channa masala over the rice with the cilantro pesto.

### U.S.

#### *Basmati Rice:*

1 cup	Rice, Basmati, Brown
2 1/4 cups	Water (or Vegetable Stock)
1/2 tsp	Salt, Kosher

### Metric

198 g
499.5 mL
3 g

#### *Cilantro Pesto:*

3 Tbsp	Walnuts	24 g
2 cloves	Garlic	2 cloves
4 cups	Cilantro, washed	230.4 g
1/4 cup	Parmesan Cheese, grated	25 g
1/4 cup	Water	55.5 mL
1/2 each	Lemon, juiced	1/2 each
2 Tbsp	Extra Virgin Olive Oil	30 mL

### **Preparation:**

#### *For the Basmati Rice:*

1. Gather all ingredients and equipment.
2. Place a medium pot over the stove on medium-high heat, add the rice, water, and salt and bring to a boil. Stir once, cover, and reduce heat to low. Simmer for 50 minutes. (Do not lift the lid or stir!) Remove from heat and let stand, covered, for 5 minutes; fluff with a fork and serve.

#### *For the Cilantro Pesto:*

1. Combine all ingredients in a food processor and blend until smooth.

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**Nutrition Facts****Serving size**                    **1/2 cup rice**  
**2 Tbsp pesto****Servings**                            **4****Calories**                            270

Calories from Fat                105

Total Fat                              11.5 g

Saturated Fat                        2 g

Trans Fat                              0 g

Monounsaturated Fat              1 g

Cholesterol                          5 mg

Sodium                                320 mg

Carbohydrates                       38 g

Dietary Fiber                        2 g

Sugars                                 0 g

Protein                                 6 g

Vitamin A                             15 %

Calcium                                6 %

Vitamin C                             6 %

Iron                                      2 %

Phosphorus                          61.4 mg

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