



White Rice Pilaf (IBD)

This is a nice guide to a pilaf and is easy to pair with any leftovers you have on hand.

U.S.

2 cups	Vegetable Stock or Water
1 cup	White Rice, rinsed
1 tsp	Salt, Kosher
2 tsp	Olive Oil
1/2 each	Carrot, peeled, diced
3 cloves	Garlic, minced
2 Tbsp	Parsley, fresh, minced
To taste	Black Pepper, ground

Metric

475 mL
185 g
6 g
10 mL
1/2 each
3 cloves
7 g
To taste

Preparation:

1. Gather all ingredients and equipment.
2. In a medium saucepot over medium heat, add in the oil and carrots. Cook until soft and then add in the garlic. Cook for another 2 minutes.
3. Add the rice and spices. Toast the rice for 2 minutes, stirring frequently.
4. Add vegetable stock and parsley. Cover with a lid and allow to cook for 15-20 minutes or until rice is tender and liquid is gone.

Nutrition Facts

6 Servings

Serving size **1/2 cup**

Amount per serving

Calories **130**

Calories from Fat 15

Total Fat 1.5 q

 Saturated Fat 0 q

 Trans Fat 0 q

 Monounsaturated Fat 1 q

Cholesterol 0 mg

Sodium 330 mg

Total Carbohydrate 26 q

 Dietary Fiber 1 q

 Total Sugars 0 q

 Includes 0g Added Sugars

Protein 2 q

Vitamin D 0 %

Calcium 2 %

Iron 8 %

Potassium 65 mg

Phosphorus 40 mg
