



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

White Rice Pilaf

This is a nice guide to a pilaf and is a great vehicle for any leftovers you have on hand.

Ingredients:

4 cups	Vegetable Stock or Water
1 cup	White Rice
1 tsp	Salt
2 tsp	Coconut Oil
1/2 each	Onion, minced
3 cloves	Garlic, minced
2 Tbsp	Parsley, minced
To taste	Black Pepper

Preparation:

1. Gather all ingredients and equipment
2. In a medium saucepot over medium heat, add in the oil and onions. Cook until translucent and then add in the mushrooms and garlic, cook for another 2 minutes.
3. Then, add in the rice and spice and toast the rice for another 2 minutes, stirring frequently.
4. Then add the lemon juice, 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

Serving size	1/2 cup	
Servings	6	
Calories	126	
Calories from Fat	15	
Total Fat	2	g
Saturated Fat	1	g
Trans Fat	0	g
Monounsaturated Fat	1	g
Cholesterol	0	mg
Sodium	329	mg
Total Carbohydrates	25	g
Dietary Fiber	1	g
Sugars	1	g
Protein	3	g
Vitamin A	9	%
Calcium	2	%
Vitamin C	1	%
Iron	3	%
