Curried Rice

Source: Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

Serve this beautiful golden rice with tofu or with steamed vegetables. Basmati and jasmine are flavorful long-grain rices that are sold in natural food stores and some supermarkets. Regular long-grain brown rice could also be used.

About the Recipe

223 Calories · 5.4 g Protein · 5.5 g Fiber
Dinner

Ingredients

Makes 6 Servings

- 1/4 c (60 mL) vegetable broth
- 1 c (190 g) dry brown basmati rice
- 1/3 c (36 g) slivered almonds
- 1/4 tsp (1.2 mL) cinnamon
- 1/8 tsp (0.6 mL) ground cardamom
- 1/8 tsp (0.6 mL) ground ginger
- 1/2 tsp (2.5 mL) turmeric
- 1/2 tsp (2.5 mL) iodized salt
- 1/2 c (80 g) golden raisins
- 2 c (475 mL) boiling water
- 1 c (145 g) frozen green peas, thawed

Directions

1. Heat vegetable broth in a large pot.

2. Add rice and cook over medium heat, stirring constantly, until rice becomes opaque and somewhat chalky-looking, about 2 minutes.
3. Add almonds, cinnamon, cardamom, ginger, turmeric, and salt. Cook 2 minutes, stirring constantly.
4. Stir in raisins and boiling water. Cover and simmer until rice is tender and all the water is absorbed, about 60 minutes.
5. Stir in peas just before serving.

Nutrition Facts

Per 1-cup serving

Calories: 207 kcal
Fat: 4 g
    Saturated Fat: 0.5 g
    Calories From Fat: 15%
Cholesterol: 0 mg
Protein: 5 g
Carbohydrates: 36 g
Sugar: 9 g
Fiber: 3.5 g
Sodium: 223 mg
Calcium: 35 mg
Iron: 1.4 mg
Vitamin C: 2.5 mg
Beta-Carotene: 279 mcg
Vitamin E: 1.7 mg