Stovetop Rice Stuffing

About the Recipe

170 Calories · 4 g Protein · 3 g Fiber
Side Dish

Ingredients

Makes 8 Servings

- 2 tablespoons canola oil (see note for oil-free option)
- 1 onion, chopped
- 2 celery stalks, thinly sliced
- 1 8-ounce package sliced baby bella or white button mushrooms
- 4 cloves garlic, minced
- 1/2 cup (4 fl oz) low-sodium vegetable broth
- 1/2 cup (55 g) dried cranberries or dried cherries
- 1/4 cup (35 g) raw unsalted sunflower seeds
- 1/4 cup (35 g) raw unsalted pepitas
- 2 cups (360 g) cooked brown wild-rice blend or brown rice
- 1 teaspoon sea salt
- 1 teaspoon poultry seasoning
- 1/2 teaspoon ground sage
- 2 tablespoons roughly chopped fresh parsley, divided

Directions

1. Heat the oil in a large skillet over medium heat. Add the onion, celery, and mushrooms and saute for 5 minutes until the mushrooms have reduced in size and onions are soft. Add the garlic and saute 1 additional minute until fragrant.
2. Add the broth, cranberries, sunflower seeds, and pepitas. Cover and let cook over medium-low heat for 5 minutes.

3. Add the rice, salt, poultry seasoning, and sage; mix well to combine. Mix in 1 tablespoon of parsley, transfer to a serving dish, and garnish with remaining parsley.OIL-FREE OPTION: Omit the oil and replace with 1/4 cup water or low-sodium vegetable broth; add more liquid as needed.

Nutrition Facts

Per serving:
Calories: 170
Fat: 8 g
    Saturated Fat: 4 g
    % Calories From Fat: 41%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrate: 52 g
Sugar: 9 g
Fiber: 3 g
Sodium: 391 mg
Calcium: 23 mg
Iron: 1 mg
Vitamin C: 4 mg
Beta-Carotene: 104 mcg
Vitamin E: 2 mg