

The Wellness Kitchen

Recipes from the Berkeley School of Public Health



Wild Rice Pilaf with Pumpkin Seeds

Wild rice and brown rice are good companions in a pilaf: first, because they have similar chewy textures, but second because they both take about the same amount of time to cook. A third benefit is that using a mixture stretches the expensive wild rice with a less expensive grain.

1 tablespoon olive oil

1 large onion, finely chopped

1 carrot, quartered lengthwise and thinly sliced crosswise

$\frac{3}{4}$ cup wild rice (4 ounces)

$\frac{1}{2}$ cup brown rice

2 cups water

$1\frac{1}{2}$ cups chicken broth, homemade or canned (can substitute vegetable broth)

$\frac{1}{2}$ teaspoon thyme

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup hulled pumpkin seeds (pepitas)

$\frac{1}{4}$ cup dried currants

- 1** In a medium nonstick saucepan, heat the oil over medium heat. Add the onion and carrot, and cook, stirring frequently, until the onion is soft, about 7 minutes.
- 2** Add the wild rice and brown rice, stirring to combine. Stir in the water, broth, thyme, and salt. Bring to a boil, reduce to a simmer, cover, and cook until the rices are tender, about 45 minutes.
- 3** Meanwhile, in a small ungreased skillet, toast the pumpkin seeds over low heat until fragrant and they begin to pop in the pan, about 5 minutes. Remove from the heat and transfer the seeds onto a plate to prevent them from burning.
- 4** Stir the toasted pumpkin seeds and currants into the pilaf before serving.

Makes 6 servings

per serving: 231 calories, 6.7g total fat (1.2g saturated), 1mg cholesterol, 3g dietary fiber, 38g carbohydrate, 7g protein, 454mg sodium. **good source of:** beta carotene, magnesium, vitamin B6, zinc.

Even Healthier: no salt or salt to taste, reduced or low sodium chicken or vegetable broth