



Savory Rice Pilaf

In India, rice pilaf called pulao is cooked in flavored broth and seasoned with cooked onions and a mix of spices. Rice pilaf is a common dish in the Middle East, East Africa, Central and South Asia, and Latin America. It is often prepared with vegetables, meat, fish, or dried fruit.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 35 minutes

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INGREDIENTS

- 1 teaspoon** canola oil
- ¼ cup** onions, fresh, peeled, ¼" diced
- ¾ cup** rice, enriched, parboiled, uncooked
- 2 tablespoons** almonds, chopped
- ⅛ teaspoon** salt, table
- ⅛ teaspoon** allspice, dry, ground
- ¼ teaspoon** turmeric, dry, ground
- ¼ teaspoon** curry powder, dry, ground
- ½ teaspoon** pepper, black, ground
- 1 cup** chicken broth, low-sodium
- Nonstick cooking spray

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DIRECTIONS

- 1.** Preheat oven to 350 °F.
- 2.** Heat oil on medium–high heat in a medium skillet.
- 3.** Add onions, and sauté until tender, about 3 minutes. Reduce heat to medium.
- 4.** Add uncooked rice, almonds, salt, allspice, turmeric, curry powder, and black pepper. Stir constantly until rice is yellow and almonds and seasoning are lightly toasted, about 1–2 minutes. Do not burn.
- 5.** Stir in chicken broth. Increase heat to medium–high, and bring to a boil. Remove from heat.
- 6.** Lightly coat a small baking dish (9" x 9") with nonstick cooking spray. Spread mixture evenly into baking dish.
- 7.** Cover with foil, and bake for 30 minutes or until liquid is fully absorbed. Fluff the rice gently with a fork. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 8.** Serve ¼ cup packed.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup packed.

Nutrients	Amount
Calories	87
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	66 mg
Total Carbohydrate	14 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	13 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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CACFP CREDITING INFORMATION

¼ cup provides ½ oz equivalent grains.

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CHEF TIPS

Variation

To make dish whole grain rich, brown rice may be substituted for enriched rice.