

## RECIPE: Brown rice pilaf

Brown rice and almonds are both good sources of magnesium. They also offer fiber and protein. This simple side dish can be a meatless main dish, paired with a green salad and some fruit.



### Ingredients

1 ½ cups brown rice (rinsed)  
3 cups water  
¼ cup almonds (chopped)  
1 teaspoon parsley (dried)  
½ teaspoon garlic powder  
¼ teaspoon black pepper

### Directions

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes. You can also cook rice on the stovetop as directed on the package.
2. Fluff cooked rice with a fork. Add almonds, parsley, garlic powder and black pepper.

**Nutrition Facts:** Serving size: 1 cup, 1/4 of recipe. Calories 320; Total Fat 8 g; Saturated Fat 1 g; Cholesterol 0 mg; Sodium 53 mg; Total Carbohydrate 56 g; Dietary Fiber 5 g; Protein 8 g

Source: What's Cooking? USDA Mixing Bowl