

Brown Rice with Toasted Pecans



Prep:

5 minutes

Total:

55 minutes

Makes:

3 servings, approximately 1 cup each

Utensil:

1 Qt./.9 L Sauce Pan with Cover
small mixing bowl
Cookie Sheet (12 ½ x 15 ½)

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Recipe Description:

Although this recipe may sound plain, it is rich with savory flavor and surprisingly satisfying. I've been known to eat this for breakfast by itself! It is also a great dinner accompaniment to sautéed greens and cooked black beans.

1 ³/₄
cups
water

(415

mL)

1

cup

short-grain brown rice, uncooked

(190

g)

2 - 3

tablespoons

Shoyu or low-sodium soy sauce

(30 - 45

mL)

¹?⁴

cup

pecan pieces

(27

g)

Directions:

1. Preheat oven to 350°F/177°C.
2. Combine water and rice in sauce pan. Cover and cook over medium-high heat.
3. When Vapo-Valve? clicks, reduce heat to low and cook for 50 minutes.
4. Place pecan pieces on a cookie sheet and place in the oven for 4 - 5 minutes. Watch pecans to make sure they don't burn.
5. Once the pecans are heated, place them in a small bowl and stir in the soy sauce.
6. When rice is finished cooking, move to a bowl and stir in the pecans and remaining soy sauce. Cover with a plate to keep the rice moist until eating.

Nutritional Information per Serving

Calories:

299

Total Fat:

9g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

604mg

Total Carbs:

56g

Dietary Fiber:

5g

Sugar:

1g

Protein:

6g