

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:

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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 cup
short-grain brown rice, uncooked
(190 g)
¼ 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 56g

Carbs:

Dietary Fiber: 5g

Sugar: 1g

Protein: 6g