

Waldorf Rice



Makes:

4-6 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover

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Recipe:

Contributed By:

The Saladmaster® Guide to Healthy and Nutritious Cooking
Cookbook

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2 stalks
celery, chopped, use Cone #2
(150 g)
½ cup
almonds, whole, toasted, chopped, use Cone #2 (can
substitute toasted walnuts)
(75 g)
1 large
apple, approximately 1 ½ cups, chopped, use Cone #3
(225 g)
¾ cup
brown rice, prepared
(128 g)
1 ½ cups
apple juice, unsweetened
(360 mL)
1 tablespoon
lemon juice
(15 mL)

Directions:

1. Preheat skillet over medium heat. Add almonds and stir until golden brown. Remove from skillet and set aside.
2. In same dry skillet over medium heat, cook and stir rice until hot, approximately 2 minutes. Reduce heat to low and slowly add apple juice and lemon juice. Cover and cook over medium heat until Vapo-Valve™ clicks. Reduce heat to low and cook 40 minutes.
3. Add celery, cover and cook 10 minutes, or until liquid is absorbed and rice is tender. Add apple and almonds. Cover

and cook over low heat until heated through.

Nutritional Information per

▼ Serving

Calories: 213
Total Fat: 8g
Cholesterol: 0mg
Sodium: 17mg
Total 34g
Carbs:
Dietary Fiber: 3g
Protein: 5g