



## Wild Rice Stuffing with Cranberries & Toasted Pecans

6 servings ( $\frac{3}{4}$  cup each)

- 1  $\frac{1}{2}$  cups chicken broth, low sodium, low fat
- 1  $\frac{1}{2}$  cups water
- 1  $\frac{1}{2}$  cups wild rice blend
- 2  $\frac{1}{2}$  Tbsp. olive oil
- 1 small ( $\frac{3}{4}$  cup) onion, chopped fine
- 1 medium ( $\frac{3}{4}$  cup) celery stalk, diced fine
- $\frac{1}{4}$  cup toasted pecan, coarsely chopped
- $\frac{1}{4}$  cup dried cranberries
- $\frac{1}{4}$  cup parsley, minced, fresh
- $\frac{1}{2}$  tsp thyme, dried (2 tsp. fresh)

- In a medium sauce pan, bring chicken broth and water to boil.
- Add rice blend: return to boil.
- Reduce heat to low, cover and simmer until rice is fully cooked, 40-45 minutes.
- Turn rice into medium microwave safe bowl and fluff with fork.
- Meanwhile, heat olive oil in medium skillet over medium heat. Add onions and celery, sauté until softened, 3 to 4 minutes.
- Add this mixture, as well as pecans, cranberries, parsley and thyme to rice and toss.

### Nutritional Information:

Calories: 151	Total fat: 8.5g
Saturated fat: 1.0g	Carbohydrates: 17g
Fiber: 1.4g	Protein: 1.9g