

Lemon, Pecan and Flax Pilaf

2	tblsp.	olive oil	25	mL
½	cup	finely chopped onion	125	mL
1	cup	long grain brown rice	250	mL
2 ¼	cups	chicken or vegetable broth	550	mL
¼	cup	fresh lemon juice	50	mL
1	tblsp.	grated lemon rind	15	mL
1/8	tsp.	turmeric	0.5	mL
¼	cup	toasted chopped pecans	50	mL
¼	cup	ground flaxseed	50	mL
2	tblsp.	whole flaxseed	25	mL

- In a medium saucepan, over medium heat add olive oil and sauté onion until soft, about 2 minutes.
- Add rice and sauté 2 minutes.
- Slowly pour in broth.
- Add lemon juice, rind and turmeric.
- Bring to a boil, reduce heat to low.
- Cover and cook until rice is tender and all liquid is absorbed, about 45 minutes.
- Remove from heat, let stand covered 5 minutes.
- Sprinkle pecans, ground flaxseed and whole flaxseed over the top. Mix well.

Yield: 8 servings

Serving Size: ½ cup (125 mL)

Single Serving Nutrient Values

Calories	180.45	
Protein	5.02	g
Carbohydrate	23.13	g
Fiber	3.06	g
Fat	8.65	g
Saturated	1.85	g
Monounsaturated	4.49	g
Polyunsaturated	1.98	g
Cholesterol	0	mg
Folate	9.94	mcg
Potassium	196.96	mg
Sodium	230.24	mg