



Light Meal

Pineapple Rice Pilaf

Preparation Time: 10 Minutes

Cook Time: 20 Minutes

Serves: 6

Ingredients:

- 1 1/2 tablespoons butter
- 1 1/2 cups uncooked long-grain white rice
- 1/2 teaspoon curry powder
- 1 can (14 1/2 ounces) reduced-sodium, chicken broth
- 1 can (8 ounces) crushed pineapple, undrained
- 1/2 cup toasted slivered almonds
- 1/2 cup sliced green onions
- Salt and pepper, to taste

Cooking Instructions:

1. Melt the butter in a medium saucepan over medium heat.
2. Mix in the rice and curry powder and stir until the rice is lightly browned and the curry is very aromatic.
3. Turn up the heat to high and stir in the broth and pineapple. Bring to a boil and reduce the heat to low.
4. Cover the pan and simmer gently for about 15 minutes. Turn off the heat and set aside for 5 minutes.
5. Just before serving, mix in the almonds and green onions and season to taste with salt and pepper.

Recipe provided by Mealtimes.org

Nutrition Facts Per Serving

Calories: 295

Total Fat: 9 g

Protein: 8 g

Dietary Fiber: 2 g

Breakfast Tip

If serving sizes are a problem, proportion cereal into sandwich bags and get rid of the box. Set out the appropriate number of baggies on the counter the night before to ease frustration in the morning.

Lunch Tip

Always out to eat with the same crowd? Why not take turns bringing lunches? Sandwiches, salads, and leftovers can be meals for 4 or so coworkers. In the end, it's a cheaper, healthier way to socialize.

Community Sponsors

Billings Clinic, Billings Gazette, Bozeman Chronicle, Helena Independent Record, Missoulian, Montana Standard

Contributing Partners: Eat Right Montana, TwoMedicine, Wendy's, Albertsons

BSSG Major Sponsors: First Interstate Bank, Kampgrounds of America, Bresnan Communications