

Pineapple Cashew Rice

This is a yummy and simple rice dish that goes great with chicken, fish and Asian dishes.

Serves: 8

Ingredients

- 1 cup rice, basmati, brown, dry
- 2 carrots, chopped into small cubes
- 1/2 onion, medium, chopped
- 2 cups vegetable broth, reduced sodium
- 2 teaspoons soy sauce, low sodium
- 2 teaspoons honey
- 1 cup peas, frozen
- 1/3 cup nuts, cashews, roasted and salted
- 1 cup pineapple chunks (canned or fresh, no sugar added, drained)



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Preparation

1. In a medium sauce pan, bring the broth, soy sauce, honey, chopped onion and the rice to a boil over medium high heat. Reduce the heat to a simmer and cook for approximately 35 minutes.
2. Dice the carrots into small pieces and add them to the rice, stir, and continue on lowest simmer for approximately 15 minutes or until liquid is absorbed and rice is soft.
3. Remove from the heat and stir in the peas, cashews, and pineapple chunks (drain juice first). Cover and let sit for 5 minutes before serving.

Nutrition Facts	
Serving Size 8	
Amount Per Serving	
Calories 160	
% Daily Values*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Sodium 115mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	