

## Oriental Rice

*Skimming the fat off the chicken stock and using a minimum of oil and no added salt means that this crunchy rice is lower in fat, saturated fat, and sodium.*

### What you need:

- 1 1/2 cup water
- 1 cup chicken stock or broth, skim fat from top
- 1 1/3 cup uncooked long-grain white rice
- 2 teaspoon vegetable oil
- 2 Tablespoon finely chopped onion
- 2 Tablespoon finely chopped green pepper
- 1/4 teaspoon ground sage
- 1 cup finely chopped celery
- 1/2 cup sliced water chestnuts
- 1/4 teaspoon nutmeg
- black pepper to taste



(over for directions, nutritional information)

## Oriental Rice (continued)

### How to make:

Bring water and stock to a boil in medium-size saucepan. Add rice and stir. Cover and simmer 20 minutes. Remove pan from heat. Let stand, covered, 5 minutes or until all liquid is absorbed. Reserve. Heat oil in large nonstick skillet. Saute onion and celery over moderate heat 3 minutes. Stir in remaining ingredients including reserved cooked rice. Fluff with fork before serving.

Yield: 10 servings—Serving Size: 1/2 cup

### Nutrition Information:

Calories: 139

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 86 mg



Recipe courtesy of National Heart, Lung, and Blood Institute:  
<http://www.nhlbi.nih.gov>