

CRANBERRY AND SWEET POTATO WILD RICE PILAF

INGREDIENTS:

- 14 ounces low-sodium chicken broth
- 1 bay leaf
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried thyme
- 1/8 teaspoon black pepper
- 1 cup wild rice/brown rice blend
- 1/3 cup walnuts, chopped
- 2 tablespoons olive oil
- 1 cup sweet potato, peeled and diced small
- 1/3 cup chopped red onion
- 2 bacon slices, cooked and finely chopped
- 2 garlic cloves, minced
- 1/3 cup dried cranberries
- Salt and Pepper, to taste

DIRECTIONS:

1. In a small sauce pan, bring the broth to a boil over high heat. Add the bay leaf, parsley, thyme, and rice.
2. Reduce the heat to a simmer and cover with a lid. Cook for 45 minutes. Remove from heat.
3. While rice is cooking, heat a frying pan over medium heat and add walnuts; cook for 5 minutes, stirring often. Remove from heat and set aside.
4. Add olive oil to frying pan, over medium heat, and add sweet potatoes, onions, bacon, garlic, and salt and pepper. Stir often and turn heat down slightly if needed. Cook 10 – 15 minutes or until sweet potato is tender. Stir in cranberries and cook 1 – 2 minutes; stir in walnuts.
5. Fluff the rice with a fork and remove bay leaf. Add it to the sweet potato mixture and combine everything together. Enjoy!

Nutrition Facts

Serving Size 1/2 cup (158g)
Servings Per Container 6

Amount Per Serving

Calories 300 **Calories from Fat 120**

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 6g	

Protein 6g

Vitamin A 60% • **Vitamin C 6%**

Calcium 2% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

