

## **Rosemary Garlic Brown Rice**

Serving size: ½ cup

Serves: 6

### **Ingredients:**

1 ½ cup uncooked brown rice  
3 ¼ cup water  
¼ teaspoon salt  
1 ½ tsp olive oil  
¼ cup diced onions  
¼ cup diced celery  
1 sprig Rosemary  
2 cloves garlic, raw, minced  
¼ teaspoon black pepper

### **Directions:**

1. Combine brown rice, water and salt. Bring to a boil. Cover and simmer for 45 – 50 minutes.
2. Heat olive oil in small skillet, add onions, rosemary, celery and garlic and sauté until tender.
3. Combine brown rice, onion mixture, and black pepper. Serve warm.

### **Exchanges per serving:**

2 Starch, ½ Fat

### **Nutrients per serving:**

Calories: 194

Calories from fat: 14%

Total Fat: 3.1g

Cholesterol: 4mg

Total Carbohydrate: 37.5g

Sodium: 153mg

Dietary Fiber: 1.7g

Protein: 3.9g