

# Curried Rice

Source: Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

Serve this beautiful golden rice with tofu or with steamed vegetables. Basmati and jasmine are flavorful long-grain rices that are sold in natural food stores and some supermarkets. Regular long-grain brown rice could also be used.

## About the Recipe

**223 Calories · 5.4 g Protein · 5.5 g Fiber**  
**Dinner**

## Ingredients

***Makes 6 Servings***

- 1/4 c (60 mL) vegetable broth
- 1 c (190 g) dry brown basmati rice
- 1/3 c (36 g) slivered almonds
- 1/4 tsp (1.2 mL) cinnamon
- 1/8 tsp (0.6 mL) ground cardamom
- 1/8 tsp (0.6 mL) ground ginger
- 1/2 tsp (2.5 mL) turmeric
- 1/2 tsp (2.5 mL) iodized salt
- 1/2 c (80 g) golden raisins
- 2 c (475 mL) boiling water
- 1 c (145 g) frozen green peas, thawed

## Directions

1. Heat vegetable broth in a large pot.

2. Add rice and cook over medium heat, stirring constantly, until rice becomes opaque and somewhat chalky-looking, about 2 minutes.
3. Add almonds, cinnamon, cardamom, ginger, turmeric, and salt. Cook 2 minutes, stirring constantly.
4. Stir in raisins and boiling water. Cover and simmer until rice is tender and all the water is absorbed, about 60 minutes.
5. Stir in peas just before serving.

## **Nutrition Facts**

*Per 1-cup serving*

**Calories:** 207 kcal

**Fat:** 4 g

**Saturated Fat:** 0.5 g

**Calories From Fat:** 15%

**Cholesterol:** 0 mg

**Protein:** 5 g

**Carbohydrates:** 36 g

**Sugar:** 9 g

**Fiber:** 3.5 g

**Sodium:** 223 mg

**Calcium:** 35 mg

**Iron:** 1.4 mg

**Vitamin C:** 2.5 mg

**Beta-Carotene:** 279 mcg

**Vitamin E:** 1.7 mg