

# Mushroom, Almond and Cranberry Rice Pilaf

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## Servings: 6

## Yield: 6 cups

2 teaspoons canola oil  
1 small onion, chopped  
1 1/2 cups sliced fresh mushrooms  
1 can (14 ounce) fat-free reduced-sodium chicken broth  
1 1/2 cups whole grain instant brown rice, uncooked  
1/2 cup dried cranberries  
1/2 teaspoon dried thyme leaves  
1/2 cup sliced almonds, toasted

## Preparation Time: 10 minutes

In a large skillet over medium heat, heat the oil. Add the onions. Cook and stir for 3 minutes. Add the mushrooms. Cook for 3 minutes, stirring occasionally.

Add the broth, rice, cranberries and thyme. Stir. Bring to a boil on high heat. Cover. Simmer on low for 10 to 12 minutes or until the liquid is absorbed.

Stir in the nuts.

Start to Finish Time: 32 minutes

## HOW TO TOAST NUTS

*Toasting nuts adds crunch and intensifies their flavor. To toast nuts in the oven, spread nuts in single layer in shallow baking pan. Bake at 350°F for 10 to 15 min. or until golden brown, stirring occasionally.*

Per Serving (excluding unknown items): 96 Calories; 8g Fat (69.7% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	96	Vitamin B6 (mg):	trace
% Calories from Fat:	69.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	18.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	8g	Folacin (mcg):	12mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	2mg
Potassium (mg):	184mg
Calcium (mg):	34mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 96 Calories from Fat: 67

### % Daily Values\*

<b>Total Fat</b>	8g	12%
Saturated Fat	1g	4%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	5%
<b>Protein</b>	3g	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	3%
<b>Calcium</b>	3%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.