

Bell Pepper Pilaf

Serving size $\frac{3}{4}$ cup

Ingredients:

- 1 $\frac{1}{4}$ cups water
- $\frac{2}{3}$ cup uncooked brown rice
- 2 bell peppers; cut into 1-inch pieces
- 1 cup chopped onions
- $\frac{1}{2}$ teaspoon turmeric
- $\frac{1}{4}$ teaspoon red pepper flakes
- 1 tablespoon olive oil
- $\frac{1}{2}$ teaspoon salt

Directions:

1. In a medium sauce pan, bring the water to a boil over high heat. Stir in the rice, bell peppers, onion, turmeric, and red pepper flakes. Return to a boil.
2. Reduce heat and simmer, covered for 40 minutes, or until rice is tender and the liquid is absorbed. Remove from heat.
3. Stir in olive oil and salt.

Nutrition Facts

Servings: 6

Amount per serving

Calories **117**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.4g **2%**

Cholesterol 0mg **0%**

Sodium 196mg **9%**

Total Carbohydrate 20.9g **8%**

Dietary Fiber 1.7g **6%**

Total Sugars 2.8g

Protein 2.2g