

## Rice that's nutty and nice

Wild rice, like brown rice, is whole-grain and packed with fiber. This dish is an excellent substitute for bread stuffing and white rice.

### MAKE-AHEAD WILD RICE PILAF

1 Tb. extra-virgin olive oil

½ cup chopped onion

½ cup chopped celery

2½ cups non-fat, reduced-sodium  
chicken broth

1 cup uncooked wild rice

½ cup chopped walnuts

½ cup dried cranberries

In a medium saucepan, heat oil. Sauté onion and celery until soft, about 5 minutes. Add broth and rice; bring to a boil. Reduce heat; simmer 50 to 60 minutes, until rice is tender and liquid absorbed. Add walnuts and cranberries. Toss; serve warm. Can be made ahead and reheated in microwave.

**SERVES 8 ■ PER SERVING:** 169 calories, 5g protein, 24g carbohydrates, 7g fat (0.7g saturated), 0mg cholesterol, 3g fiber, 129mg sodium