

Saffron Basmati Rice Pilaf

This pilaf, also from The Millenium Cookbook is incredibly versatile. It can be used as a salad, shaped into patties and sauteed for an appetizer, or served in paella. Brown basmati rice is available at a.ny natural food stores and some supermarkets

Makes 6 servings

1 yellow onion, finely diced
2 cloves garlic, minced
2 teaspoons olive oil
1-1/2 teaspoons ground cumin
1 teaspoon fennel seeds
1/4 teaspoon black pepper
1 teaspoon salt
2 cups brown basmati rice
1/2 teaspoon saffron steeped in 1/4 cup warm water
3-1/2 cups water or light vegetable stock

1. In a medium saucepan, saute the onion and garlic in the oil over medium heat until just softened.
2. Add the cumin, fennel seeds, pepper, and salt. Saute for 1 minute.
3. Add the rice and stir constantly for about 2 minutes, or until the rice smells fragrant.
4. Add the saffron and water, bring to a boil, and cover. Reduce the heat to medium-low and simmer for 20 to 25 minutes, or until the liquid is absorbed.
5. Remove from the heat and let sit for 10 minutes before serving

Per serving: 247 calories; 5 g protein; 50 g carbohydrate; 3 g fat (0 g if saute in water); 0 mg cholesterol; 3 g fiber