

# Wild Rice with Pineapple

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*Serves:* 8 | *Serving Size:* 1/2 cup

*Total Time:* 20 min | *Prep:* 10 min | *Cook:* 10 min

## *Ingredients:*

3 cups cooked brown rice  
1 cup cooked wild rice  
2 garlic cloves  
1 tablespoon chopped fresh ginger root  
1/2 cup chopped red onions  
1/2 cup chopped celery  
1/2 cup chopped peanuts  
1-1/2 cups cubed pineapple

## *Directions:*

Lightly spray a large non-stick skillet with vegetable oil cooking spray and heat over medium-high heat. Sauté the garlic, ginger, and onion briefly, about 2-3 minutes. Add the celery, peanuts, and pineapple. Cover pan and continue cooking 3 more minutes.

Add the cooked rice and heat through.

Serve hot.

Serves 8. Each 1/2 cup serving: 176 calories, 5g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 12mg sodium, 28g carbohydrate, 3g fiber, 4g sugars, 5g protein.

## **Allergens:** Peanut

\* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

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