

# Herbed Basmati Rice

"THIS IS THE GLUE that holds my marriage together," jokes Projects Editor Mary Simpson Creel as she fluffs the grains in a bowl of Herbed Basmati Rice.

Like many readers, she's enjoyed this side dish since we first published it in April 1997 and prepares it so often that her husband, Terry, has nicknamed it "Wife Rice." Creel made several flavor-boosting adjustments over the years. She doubled the amount of uncooked rice to increase the serving size from  $\frac{1}{2}$  cup to  $\frac{3}{4}$  cup, now our standard for grain side dishes. To boost the overall flavor, Creel uses a mixture of chicken broth and water instead of only water. She also cooks the rice in a skillet instead of a saucepan, which offers more surface area for the rice to sauté and trims the cooking time by about five minutes. Using a bit less fat to sauté the rice enables her to add toasted pine nuts and Parmesan cheese.

We think these changes make a good accompaniment outstanding. Add a little chopped rotisserie chicken or cooked shrimp, and you can promote this side dish to an entrée.

- 1 teaspoon olive oil
- Cooking spray
- 1 cup uncooked basmati rice
- 1 garlic clove, minced
- 1 cup water
- 1 cup fat-free, less-sodium chicken broth
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  cup chopped green onions
- $\frac{1}{4}$  cup pine nuts, toasted
- 3 tablespoons grated fresh Parmesan cheese
- 1 tablespoon chopped fresh basil
- 1 teaspoon chopped fresh thyme
- $\frac{1}{2}$  teaspoon freshly ground black pepper

1 Heat olive oil in a medium skillet coated with cooking

spray over medium-high heat. Add rice and garlic to pan; sauté 2 minutes or until rice is lightly toasted. Add 1 cup water, broth, and salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender. Remove from heat; let stand 5 minutes. Stir in onions, nuts, Parmesan cheese, basil, thyme, and pepper. Yield: 6 servings (serving size:  $\frac{3}{4}$  cup).

CALORIES 182 (27% from fat); FAT 5.4g (sat 0.8g, mono 1.8g, poly 2.1g); PROTEIN 4g; CARB 31.9g; FIBER 1.5g; CHOL 2mg; IRON 1.5mg; SODIUM 203mg; CALC 37mg

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