

## CORIANDER AND SUNDRIED TOMATO TURMERIC RICE

**Preparation Time:** 5 – 10 minutes depending on the amount

**Cooking Time:** 20 – 30 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
<b>Ingredients:</b>				
Wild rice, raw	¼ Cup	½ Cup	¾ Cup	1 Cup
Sundried tomatoes, chopped	4 Medium	8 Medium	12 Medium	16 Medium
Coriander, chopped fresh	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Turmeric	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Instructions:

- Cook rice according to packet instructions and add the turmeric to the water.
- Once the rice is cooked, drain and add the fresh coriander and sundried tomatoes.
- Serve with a curry dish.

### Tips to Reduce Preparation & Cooking Time:

- Make the rice ahead of time and simply heat before serving.
- Use dried herbs instead of fresh herbs.
- Use a sharp knife when chopping the sundried tomatoes to decrease preparation time.

Analysis per Serving	
<b>Energy:</b>	
Calories (kcal):	127
<b>Protein (g):</b>	5.0
<b>Total Fat (g):</b>	1.2
Saturated Fat (g):	0.2
Monounsaturated Fat (g):	0.1
Polyunsaturated Fat (g):	0.2
<b>Omega-3's (g):</b>	0.1
<b>Cholesterol (mg):</b>	0.0
<b>Carbohydrates (g):</b>	29.7
Of which is sugars (g):	0.8
<b>Fiber (g):</b>	2.4
<b>Sodium (mg):</b>	18.0