
Curried Basmati Rice and Apple Pilaf

Adapted slightly from an old Sunset Magazine clipping



Servings: 4

1. Heat oil in heavy medium saucepan over medium heat. Add onion and carrot, then sauté until golden, about 5 minutes. Add garlic and stir 30 seconds.
2. Stir in rice, apple, HALF the dates, cinnamon, ginger, curry powder and salt. Add 2 cups water and bring to boil. Reduce heat to low; cover and cook until rice is tender and water is absorbed, about 18 minutes.
3. Remove from heat. Stir in additional dates. Season to taste with pepper and additional salt, if desired. Transfer pilaf to bowl. Sprinkle with almonds and serve.

- 2 teaspoons vegetable oil, or avocado oil**
- 1/2 cup chopped onion**
- 1/2 small carrot, finely diced**
- 1 garlic clove, minced**
- 1 cup basmati rice**
- 1 whole Granny Smith apple, peeled, cored, diced**
- 3 tablespoons dates, minced (or minced dried apricots)**
- 1/4 teaspoon ground cinnamon**
- 1 tablespoon fresh ginger, chopped peeled**
- 2 teaspoons curry powder**
- 1 teaspoon salt**
- 2 cups water**
- 2 tablespoons sliced almonds, toasted (garnish)**

Per Serving (excluding unknown items): 257 Calories; 6g Fat (20.3% calories from fat); 6g Protein; 47g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 573mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat.

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