

Rice Pilaf Chart

Yield: about 24 (3/4 cup) servings

Select one from Each Column to Assemble Rice Pilaf Side Dish

Fat (1/4 cup)	Vegetable (2-6 cups)	Grain (6 cups)	Seasoning (1-2 tablespoons)	Stir-in (1 1/2 cups)
Olive oil	Frozen peas and carrot medley	Rice (white, brown or basmati)	Dried basil, oregano or Italian seasoning	Chopped, rinsed, drained roasted red peppers
Vegetable oil	Chopped frozen broccoli	Wild rice (increase water in step 3 by 1 quart)	Ground cinnamon	Sliced green onions
Butter	Diced red onion	Orzo	Top Kick™ Sodium Free Herb Seasoning	Toasted pine nuts
	Diced bell pepper	Couscous	Top Kick™ Sodium Free All Purpose Seasoning	Parmesan cheese (grated or shredded)
	Chopped fresh garlic			Toasted almonds (sliced or slivered)
	Chopped zucchini or yellow summer squash			Diced tomatoes

Preparation

1. In skillet, heat oil or melt butter. Add vegetable; sauté until softened.
2. Add grain and **1/3 cup Med-Diet® Low Sodium Chicken Soup Base**; cook, stirring constantly, until coated.
3. Add 3/4 gallon water (more with wild rice) and the seasoning; mix well.
4. Cover; bring to a boil. Reduce heat; simmer until grain is tender and broth is absorbed.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Chicken Soup Base	6 – 16 oz	37.5 gal	2192508
Top Kick™ Sodium Free Herb Seasoning	12 – 1.9 oz	1620	8714950
Top Kick™ Sodium Free All Purpose Seasoning	12 – 5 oz	1704	8631594