



DRIED FRUIT AND NUT RICE PILAF

 @Gleanersfan

WATCH RECIPE VIDEO HERE



Ingredients:

1 tablespoon vegetable oil

½ cup onion chopped

2 cups cooked brown rice chilled

½ cup chopped nuts (any type)

¾ cup chopped dried fruit (raisins, cranberries, cherries, or apricots)

¼ teaspoon salt

¼ teaspoon pepper

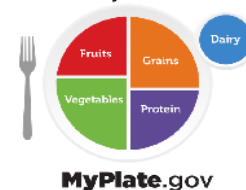
1 tablespoon vinegar

¼ cup 100% orange juice

¼ teaspoon turmeric

½ teaspoon cinnamon

Color your meal!



Directions:

1. Heat oil in a large pan over medium heat. Add onions and sauté about 3 minutes or until translucent.
2. Add rice, turmeric, cinnamon, orange juice, and vinegar. Mix to combine. Reduce heat to low, cover and let simmer for 8-10 minutes, stirring occasionally.
3. Add dried fruit, nuts and salt and pepper to taste. Serve immediately.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

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F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

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