



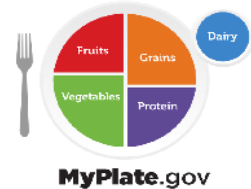
# RICE PILAF WITH SALMON

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WATCH RECIPE VIDEO HERE



Color your meal!



## Ingredients:

**1 cup Rice *Uncooked***

**1/2 cup Onion *Finely Chopped***

**1 1/2 tsp Dried Basil**

**1/4 tsp Pepper**

**2 1/4 Cups *low-sodium* Chicken Broth**

**2 cups Broccoli**

**7 1/2 Oz Canned Salmon**

**1/2 cup Cheddar Cheese (Shredded)**

**Canola Oil**

## Directions:

1. Oil a medium saucepan with a tight fitting lid
2. Cook rice and onion until rice is golden and onion is soft, stirring frequently. Stir in basil pepper and broth. Bring to a boil; cover. Reduce heat; simmer about 40 min or until rice is tender. Not all of the liquid will be absorbed.
3. Add thawed vegetables, salmon and 1/3 cup cheese. Stir to blend and to warm the salmon and vegetables.
4. Sprinkle with remaining cheese
5. Serve and Enjoy!

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