



# WILD RICE PILAF

## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

- ★ 1½ cups low-sodium vegetable broth
- ★ ¼ cup wild rice, rinsed
- ★ ¼ cup brown rice, rinsed
- ★ 1 bay leaf
- ★ 3 sprigs fresh thyme, plus leaves, for garnish
- ★ 2 tablespoons olive oil, divided
- ★ 1 large shallot, minced, ¼ cup (about 2 ounces whole, 1.25 ounces prepped)
- ★ 1 stalk celery, finely diced, ¼ cup (2 ounces whole, 1.5 ounces prepped)
- ★ 2 cloves garlic, minced
- ★ 2 cups thinly sliced cremini mushrooms, (6 ounces)
- ★ ¼ teaspoon kosher salt
- ★ Freshly cracked black pepper, to taste
- ★ ¼ cup frozen peas
- ★ Zest and juice of 1 lemon, 1 teaspoon zest + 3 tablespoons juice
- ★ ½ cup frozen cauliflower rice

## DIRECTIONS

In a medium saucepan with a lid, bring the broth to a boil. Add the wild rice, cover, reduce heat as necessary to maintain a rapid simmer, and cook for 25 minutes. Add the brown rice, bay leaf, and thyme sprigs. Return to a rapid simmer, cover, and cook for an additional 20 to 25 minutes until the rice is tender and most of the liquid has been absorbed. Stir the cauliflower rice into the cooked rice, cover, and cook for an additional 1 to 2 minutes. Remove from heat and allow rice mixture to steam, covered, until it is fluffy and the remaining liquid has been absorbed, 5 to 10 minutes more.

While the rice is cooking, heat 1 tablespoon of olive oil in a medium skillet set over medium heat until shimmering. Add the shallot and cook, stirring frequently, until beginning to caramelize, 3 to 5 minutes. Add the celery to the pan and cook, stirring occasionally, until translucent and beginning to soften, 2 to 3 minutes more. Add the mushrooms and the remaining olive oil to the pan and cook, stirring occasionally, until tender and golden, about 7 to 9 minutes more.

Stir the salt, pepper, garlic, and peas into the vegetable mixture. Cook, stirring frequently, until the garlic is fragrant and the peas are tender, about 1 to 2 minutes. Add half of the lemon zest and juice to the pan and stir to combine, then remove from heat and set aside.

When the rice is ready, fluff with a fork and stir in the mushroom mixture until thoroughly combined. Garnish with fresh thyme leaves and remaining lemon zest, and drizzle with remaining lemon juice as desired just before serving.

### Serving Size and Nutritional Information:

**Serves 3** (Serving Size 1 Cup = 272g)

**150 Calories Per Serving, 9g Total Fat, 16g Total Carbohydrates, 4g Protein**

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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