

# CURRIED RICE with RAISINS and CASHEWS

SERVES: 6 | SERVING SIZE: 1/2 cup | PREP: 10 minutes | READY: 35 minutes

## INGREDIENTS

- 2 tablespoons spreadable butter and oil blend (such as Challenge Spreadable Butter)
- 1/2 cup diced onion
- 1 clove garlic, minced
- 1 teaspoon grated ginger root
- 1 teaspoon curry powder
- 1 cup dry instant brown rice
- 2 cups water
- 1/3 cup golden raisins
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup lightly salted cashew halves, roughly chopped
- 3 tablespoons thinly sliced green onion (green tops only)



## DIRECTIONS

In a large skillet, heat butter and oil blend over medium heat. Add onion and sauté until softened, about 3 minutes. Add garlic, ginger root, curry powder, and rice and continue to sauté 1 to 2 minutes, stirring constantly.

Add water and raisins to skillet, stir to combine, and allow mixture to come to a simmer. Reduce heat to low, cover skillet with a tight-fitting lid, and cook for 20 minutes.

Remove lid, fluff rice with a fork, and stir in salt and pepper. Transfer to serving bowl, garnish with cashews and green onion, and serve.

## NUTRITION INFORMATION PER SERVING

160 calories, 7 g total fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 193 mg sodium, 23 g total carbohydrate, 2 g dietary fiber, 7 g total sugars, 0 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 18 mg (2%) calcium, 1 mg (6%) iron, 158 mg (4%) potassium

