

SIDE DISH

Nutty Brown Wild Rice

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	6	\$1.56	300 kcal



Nutty Brown Wild Rice is a gluten free, dairy free, and lacto ovo vegetarian side dish. One serving contains 300 calories, 7g of protein, and 6g of fat. For \$1.56 per serving, this recipe covers 13% of your daily requirements of vitamins and minerals. This recipe serves 6. It is brought to you by My...

Ingredients

- ☐ 1/3 cup dried cherries
- ☐ 28 ounce fat-free, less-sodium chicken broth canned
- ☐ 2 tablespoons chopped fresh basil
- ☐ 1 teaspoon grated lemon rind
- ☐ 1/3 cup pine nuts, toasted
- ☐ 12.4 ounce packages fast-cooking recipe long-grain and wild rice (such as Uncle Ben's)
- ☐ 1 teaspoon salt

EQUIPMENT Sauce pan

Method

- 1 Discard flavor packet from rice, if included.
- 2 Combine rice and broth in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender and liquid is absorbed.
- 3 Remove from heat; stir in remaining ingredients.
- 4 Serve warm.

Nutrition per serving

300
KCAL

7 g
PROTEIN

6 g
FAT

54 g
CARBS

Saturated Fat	0.5 g · 3% of daily needs
Fibre	2.1 g · 8% of daily needs
Sugar	4 g · 4% of daily needs
Sodium	936 mg · 41% of daily needs
Cholesterol	0 mg · 0% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/nutty-brown-wild-rice-148499