

HOLIDAY HEALTH HINTS

A “Berry” Good Idea

(NAPSA)—Here’s what may be a holiday gift to many: If you’re careful and enjoy healthy meals during the many celebrations, you may not have to resolve to change your diet in the New Year. Fortunately, some tasty, traditional foods can be a big help. Recent scientific research shows that cranberries contain significant amounts of



Cranberries and rice make for a nice side dish that’s delicious and nutritious.

antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases. Combining them with nutritious rice increases the nutrition even more. One quick, easy and economical way to enjoy cranberries is with RiceSelect’s Texmati® rice in a Cranberry Pecan Rice Pilaf recipe.

Cranberry Pecan Rice Pilaf

2 tablespoons butter

1 cup uncooked Texmati rice

1¾ cups chicken broth

¾ cup grated Parmesan cheese

½ cup dried cranberries

½ cup chopped pecans, toasted

¼ cup sliced green onions

Salt and ground black pepper, to taste

Melt butter in 2-quart saucepan over medium heat. Add rice; cook and stir 2 to 3 minutes. Add broth and heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove from heat. Stir in cheese, cranberries, pecans and onions. Season to taste with salt and pepper.

It makes for a nice side dish when entertaining or just for the family, and if you add a little (left-over) turkey, it can provide your protein as well.

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For further facts, tips and recipes, go to www.riceselect.com.