

Ginger Rice

Ingredients:

- 2 cups Swanson's vegetable broth
- 1 cup water
- 1 tablespoon Nucoa margarine
- 1 cup low protein rice
- 2 teaspoons canola oil
- 1/4 cup carrots, diced
- 1/4 cup green onion, chopped
- 2 medium cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 tablespoon soy sauce
- 1 teaspoon ground coriander



- ◇ In a medium saucepan, bring vegetable broth and water to a boil. Add rice and simmer approximately 8 minutes, stirring occasionally, until softened. Drain rice. Add margarine.
- ◇ Heat oil in a small skillet over medium heat and sauté carrots 2 minutes. Add green onion, garlic and ginger. Sauté 3 minutes more.
- ◇ Stir carrot/onion mixture, soy sauce, and coriander into the cooked rice. Serve hot.



Recipe makes about 3 cups.
Phe per recipe = 115 mg
Phe per 1/3 cup serving = 13 mg

This recipe is adapted from *Simply Classic* by the Junior League of Seattle.



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>