

Rice with Cranberries

Recipe adapted from CBF Couscous with Cranberries Cambrooke Foods
<http://www.cambrookefoods.com/botrecipes.asp?id=24>

1/3 cup low protein rice (dry)
1 ¾ cup vegetable stock
1 Tablespoon olive or vegetable oil
1 medium clove garlic, finely chopped
¼ cup dried cranberries
¼ cup orange juice
1 Tablespoon fresh chopped parsley
salt and pepper to taste

Bring vegetable stock to a boil. Add rice, reduce heat and simmer for 8-10 minutes. Drain, and set aside. Heat oil, add chopped garlic, sauté garlic for 3-5 minutes. Add cooked rice, dried cranberries, orange juice, salt, and pepper, and sauté until rice is heated through. Let sit for 5 minutes. Add parsley, stir well, and serve immediately.

Yield 4 servings

Per recipe: 26 mg phe (about 1/3 cup each)
Per serving: 7 mg phe

Variations:

- Use low protein couscous
- Substitute 1 Tablespoon fresh chopped cilantro for parsley



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