

Orange-Ginger Rice

Ingredients:

1 cup	long grain brown rice or wild rice, or 1/2 cup of each
1 1/2 cups	water
1/2 cup	unsweetened orange juice
1 Tbsp.	Kikkoman soy sauce
1/2 tsp.	minced fresh garlic
1/2 tsp.	grated or minced fresh ginger root
1/2 to 1 cup	sliced scallions, tops and bottoms (3 to 6 scallions)
1/2 cup	water-packed canned water chestnuts, drained
1 to 2 Tbsp.	fresh orange zest

Directions:

In a 3-quart saucepan, combine water, orange juice, soy sauce, garlic, and ginger and bring to a boil.

Add rice, stir once, bring to a boil, cover, reduce heat to low and cook (without removing lid) for 55 minutes. Remove from heat and allow to stand another 5 minutes.

Add scallions, water chestnuts, and orange zest. Stir with a fork to combine. Cover for another minute or two before serving.

Suggested accompaniments: lightly steamed snow peas and diagonally sliced carrots; grilled white fish, scallops, or skinless poultry breast.

Yield: 4 1/2 cups (4 hearty servings)

Orange-Ginger Rice with chicken

Ingredients:

Variation with one pound boneless, skinless chicken breast:

Directions:

Preheat oven to 350 degrees F. Spray a 1- 1/2 quart square baking dish with vegetable cooking spray. Mix together the brown and wild rice. Add to the baking dish. Place chicken, cut into 2-inch pieces, over the rice. Combine water, orange juice, soy sauce, garlic, and ginger and pour over the rice and chicken. Cover dish with a lid and bake at 350 degrees F for 1 1/2 hours. Remove dish from the oven, stir rice and chicken with a fork, cover, and allow to stand another 10 minutes. Stir in scallions, water chestnuts, and orange zest..Cover for another minute or two before serving. Makes four entire portions.

Yield: 4 1/2 cups (4 hearty servings)

Nutrition Information: *One serving with chicken contains 330 calories, 4 g. total fat, 1 g. saturated fat, 70 mg. cholesterol, 330 mg. sodium (content varies with brand of soy sauce), 3 g. fiber.*