

# Rice Pilaf with Parsnip, Carrot, and Peas

**Yield: 6 servings**

Gluten-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, swap onion for green part of green onions or chives

To make it dairy-free, swap butter for avocado oil

## Ingredients

2 Tbsp butter  
1 cup onion, small dice  
1 cup parsnip, peeled and small diced  
1 cup carrot, peeled and small diced  
1 cup long-grain rice, rinsed  
2 cups chicken stock  
1 tsp salt, kosher  
1 cup peas

## Directions

1. In a medium saucepan, melt butter (2 Tbsp) over medium heat. Cook onion in butter for about three minutes, stirring occasionally, until tender.
2. Stir in parsnip and carrot, and cook for another two minutes. Stir in rice, and cook for another two minutes, stirring frequently.
3. Stir in stock (2 cups) and salt (1 tsp). Bring up to a simmer, stirring once or twice.
4. Reduce heat to low. Cover and simmer for about 15 minutes. Stir in peas (1 cup) and cover again.
5. Remove from heat, and let stand covered for five minutes. Taste and adjust salt if needed.



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### Nutrition Facts

**Serving size 1** (7.5oz)

Amount Per Serving **214g**

**Calories** **209**

**% Daily Value**

**Total Fat** 5.2g **8%**

Saturated Fat 2.7g **13%**

**Cholesterol** 12mg **4%**

**Sodium** 747mg **31%**

**Total Carbohydrate** 36g **12%**

**Dietary Fiber** 4g **18%**

**Sugars** 5g

**Protein** 5g **10%**

Vitamin A **77%**

Vitamin C **28%**

Calcium **4%**

Iron **6%**