



## Spiced Pomegranate Rice

### Ingredients: Serves 4

2 tablespoons olive oil  
1 small onion, thinly sliced  
1 garlic clove, peeled, crushed  
1 cup basmati rice  
1 tsp ground turmeric  
1 ½ cups low-sodium chicken broth  
½ cup pomegranate seeds  
3 scallions, thinly sliced  
¼ tsp red chili pepper  
Salt & Pepper to taste

### Nutritional Information:

- Servings: 1
- Calories: 176 kcal
- Fat: 9.4 g
- Saturated Fat: 1.3 g
- Unsaturated Fat: 7.6 g
- Cholesterol: 0 mg
- Sodium: 429.6 mg
- Carbohydrates: 20 g
- Fiber: 1.6 g
- Sugar: 3.9 g
- Protein: 3.6 g

### Instructions:

- Heat oil in a medium saucepan over medium-high heat. Add onion and garlic and cook, stirring often, until softened and golden brown.
- Add rice and turmeric and stir to coat. Add broth and bring to boil. Reduce heat to low and cook, partially covered, until liquid is absorbed, 15-18 mins, then fluff rice with a fork.
- Fold in pomegranate seeds, scallions, and red chili pepper; season with salt and black pepper.