

# Thanksgiving Rice Pilaf with Cranberries & Pears

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-rice-pilaf-recipe>

## Ingredients:

- 2 1/2 cups chicken broth
- 1 cup apple juice
- 2 tablespoons unsalted butter
- 2 carrots peeled and diced
- 2 shallots minced
- 8 ounces button mushrooms sliced
- 1 1/4 cups brown rice
- 3/4 cup wild rice
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 pear diced
- 1 sprig fresh rosemary
- 1/2 cup dried cranberries
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/3 cup chopped walnuts
- 1/4 cup fresh parsley chopped

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 190 milligrams

9. Sugar: 9 grams

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