

# Roasted Garlic Basmati Rice



## Ingredients

- 1 teaspoon olive oil
- 2 cloves garlic, chopped
- 1 teaspoon curry
- 1 cup dry brown basmati rice
- 2 cups chicken broth

## Instructions

1. Heat olive oil over medium heat.
2. Add garlic and roast in oil until brown.
3. Next add rice and curry and stir for 1 minute.
4. Pour broth over rice and bring to a light simmer.
5. Cover and simmer for 30 minutes or until basmati rice is tender.

Per Serving (1/2 Cup): Calories 120; Total Fat 2 gram; Cholesterol 0 gram; Sodium 190 gram; Total Carbohydrates 24 gram; Dietary Fiber 2 gram; Protein 4 Gram.

190mg; Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.