

Rice Pilaf

Serving Size: 1/3 cup

Serves: 4

Ingredients:

½ cup Long-grain white rice

½ tablespoon margarine

1 tablespoon onion -- minced

1 ½ cups low sodium chicken stock -- hot

½ Bay leaf

1 Thyme sprig

¼ teaspoon salt free lemon pepper seasoning -- Mrs. Dash

⅛ teaspoon Black pepper -- freshly ground

Directions:

Sort the rice and rinse in cool water if desired. Drain thoroughly.

Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and cook, stirring frequently, until tender and translucent, 5 to 6 minutes. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.

Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the pot bottom.

Add the bay leaf, thyme sprigs, and seasonings. Cover the pot, and place it in a 350°F oven (or leave it over low heat on the stovetop). Cook without disturbing until the grains are tender to the bite, 15 to 20 minutes.

Remove from heat and let stand for 5 minutes. Uncover and fluff with a fork to separate the grains and release the steam.

Adjust the seasoning and serve immediately or hold hot for service.

Exchanges per serving:

1 Starch; ½ Fat

Nutrients per serving:

Calories: 107

Calories from fat: 14.9%

Total Fat: 2g

Cholesterol: 0mg

Sodium: 212mg

Total Carbohydrate: 19g

Dietary Fiber: Trace

Protein: 2g