

Side Dish

Almond Rice Pilaf

Taste of Home Simple & delicious - August 2011

Servings: 6

1 medium onion, chopped

1/2 cup slivered almonds

1 tablespoon butter

2 cups chicken broth

2 cups instant rice, uncooked

In a large saucepan, saute' the onion and almonds in the butter until the almonds are lightly browned.

Add the chicken broth and bring to a boil.

Stir in the uncooked rice.

Cover and remove from the heat.

Let stand for 5 to 8 minutes or until the liquid is absorbed.

Per Serving (excluding unknown items): 228 Calories; 9g Fat (34.7% calories from fat); 7g Protein; 31g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 278mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.