
Rice Medley

Stephanie Brenner - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 4

1 cup long-grain rice (dry)

2 1/4 cups water

1/2 to 3/4 cup frozen green peas

1/4 to 1/2 cup red pepper, diced

1/4 to 1/2 cup sliced mushrooms

1 tablespoon margarine, `

salt (to taste)

Prepare the rice according to package directions. Simmer for 20 minutes. Halfway during cooking (around 10 minutes), add the peas. Mix.

In a skillet, lightly saute' the red pepper and mushrooms. Add to the rice mixture with 5 minutes remaining. Stir. Add salt, if desired.

Side Dishes

Per Serving (excluding unknown items): 35 Calories; 3g Fat (71.5% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.