

Rice Pilaf II

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

*3 tablespoons butter or
margarine*

2 cups chicken broth

*1/2 to 3/4 teaspoon Italian
seasoning*

*1 cup uncooked rice (not
instant)*

1 teaspoon salt

*3 tablespoons (or more)
minced onion*

*2 tablespoons chopped
parsley*

In a cooking pot, combine the butter, chicken broth, Italian seasoning, rice, salt, onion and parsley. Heat to boiling. Stir once.

Cover and simmer for 15 minutes or until the water is absorbed and the rice is done.

Sprinkle with additional parsley before serving.

Per Serving (excluding unknown items): 85 Calories; 6g Fat (65.3% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 671mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.