

# Rice Pilaf

*Joan Seeley*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*1 onion chopped fine  
1 1/2 cups uncooked rice  
3 tablespoons butter  
2 1/2 cups chicken stock  
1/2 cup blanched shredded  
almonds*

Preheat the oven to 375 degrees.

In a skillet, brown the rice and onion in butter.

Place the mixture into a two-quart baking dish with the chicken stock and almonds.

Bake for 30 minutes or until the rice is tender and the liquid is absorbed.

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Per Serving (excluding unknown items): 360 Calories; 35g Fat (94.2% calories from fat); 2g Protein; 2g Carbohydrate; 0g Dietary Fiber; 93mg Cholesterol; 5719mg Sodium. Exchanges: 7 Fat.