

Side Dish

Simmered Italian Rice

Relish Magazine

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 25 minutes

1 3/4 cups chicken broth

1 teaspoon Italian seasoning, crushed

3/4 cup long-grain white rice, uncooked

1 cup fresh spinach, chopped

1/2 cup Parmesan cheese, grated

Heat broth and Italian seasoning in a 2-quart saucepan over medium-high heat to a boil.

Stir rice and spinach into pan. Reduce heat to low. Cover and cook 20 minutes or until rice is tender.

Stir in cheese.

Serve with additional cheese.

Per Serving (excluding unknown items): 191 Calories; 4g Fat (18.7% calories from fat); 9g Protein; 29g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 528mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fat.