

Side Dish

Sweet Tea Rice Tabbouleh

Southern Living Magazine - May - 2011

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 2 hours

2 cups sweetened tea

1 cup long-grain rice, uncooked

1/2 teaspoon salt

2 plum tomatoes, seede and diced

3 green onions, thinly sliced

1/3 cup fresh parsley, chopped

2 tablespoons fresh mint, chopped

3 tablespoons olive oil

2 teaspoons lemon zest

1/3 cup fresh lemon juice

1/2 teaspoon salt

1/2 teaspoon pepper

Bring the tea to a boil in a 3-quart saucepan over medium-high heat.

Stir in the rice and salt.

Reduce heat to low. Cover and simmer for 20 minutes or until the tea is absorbed and the rice is tender. Transfer the rice to a large bowl. Let cool completely (about 30 minutes).

Stir in the plum tomatoes, green onions, parsley, mint, olive oil, lemon zest, lemon juice, salt and pepper.

Cover and chill for 1 hour.

Per Serving (excluding unknown items): 185 Calories; 7g Fat (34.2% calories from fat); 3g Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 363mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.