

# Tarragon Wild Rice

*Doug frost*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

**Servings: 4**

*2 cups wild rice*

*chicken broth*

*1 1/2 tablespoons butter*

*1/2 tablespoon lemon juice*

*1/2 teaspoon tarragon*

*1/2 teaspoon salt (to taste)*

Prepare the rice according to package directions using chicken broth instead of water.

In a bowl, mix the butter, lemon juice and tarragon. Mix well. Season with salt to taste.

Add the rice to the bowl. Toss.

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Per Serving (excluding unknown items): 325 Calories; 5g Fat (13.9% calories from fat); 12g Protein; 60g Carbohydrate; 5g Dietary Fiber; 12mg Cholesterol; 50mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat.