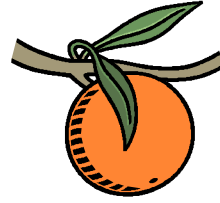


Orange Rice



2/3 cup low protein rice (uncooked)
1/2 cup chopped celery (60 g)
2 tbsp chopped green onion (12 g)
2 tbsp margarine
1/2 cup orange juice

Cook low protein rice according to package directions. Set aside.

Sauté celery and green onion in margarine. Add orange juice and low protein rice. Simmer on low heat until mixture is hot.

Yields: ~2 cups.
Per recipe: 46 mg Phe
Per ½ cup serving: 12 mg Phe

Recipe adapted from *Low Protein Cookery for PKU* by Sarah Youssefi and family.



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