

Rice Pilaf

Serves 6, ½ cup per serving

Ingredients

- 1 cup chopped onion
- 2 Tablespoons margarine or butter
- 1 cup of cooked rice
- 2 cups of chicken broth or bouillon and water
- ½ teaspoon pepper



Directions

1. In a 2 ½ -quart saucepan, cook, onions in margarine until soft but not brown.
2. Add rice, broth, and pepper. Heat to boiling; stir once.
3. Reduce heat, cover, and simmer 20 minutes or until rice is tender and liquid is absorbed. Mix lightly and serve hot.

Variation:

Add 1 to 2 cups cooked meat and vegetables after simmering. Mix lightly; cook covered for 5 additional minutes.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 300mg **13%**

Total Carbohydrate 25g **8%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 4g **8%**

Vitamin A 4% • Vitamin C 4%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.