

Parmesan Rice and Pasta Pilaf

Makes: 6 servings

Ingredients

2 tablespoons olive oil

1/2 cup vermicelli (uncooked and finely broken)

2 tablespoons onion (diced)

1 cup white or brown rice (long-grain, uncooked)

1 1/4 cups chicken stock (hot)

1 1/4 cups water (hot)

1/4 teaspoon white pepper (ground)

1 bay leaf

2 tablespoons Parmesan cheese (grated)

Directions

1. In a large skillet, heat oil. Sauté vermicelli and onion until golden brown, about 2-4 minutes over medium-high heat. Drain off oil.
2. Add rice, stock, water, pepper, and bay leaf. Cover and simmer 15-20 minutes. Fluff with fork. Cover and let stand 5-20 minutes. Remove bay leaf.
3. Sprinkle with Parmesan cheese and serve immediately.

Source: US Department of Health and Human Services, A Healthier You

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	100 mg
Total Carbohydrate	26 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available