

# Herb Rice

Ginny Simon

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 package frozen peas,  
cooked  
2/3 cup raw rice, cooked  
3/4 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon oregano  
1/4 teaspoon rosemary  
1/3 to 1/2 cup toasted  
almonds  
2/3 cup seedless raisins  
1/3 to 1/2 cup butter, melted*

Preheat oven to 350 degrees.

In a bowl, combine the salt, pepper, oregano, rosemary, almonds and raisins.

Add the peas and rice. Mix well.

Place the mixture in a baking dish. Pour the melted butter over the top.

Cook, covered, for 30 minutes. Do not overcook.

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Per Serving (excluding unknown items): 892 Calories; 55g Fat (52.2% calories from fat); 17g Protein; 97g Carbohydrate; 13g Dietary Fiber; 83mg Cholesterol; 2009mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 5 Fruit; 10 1/2 Fat.