

Rice Pilaf III

Donna Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/4 cup chopped onions
1/4 cup chopped celery
1/4 cup chopped green
pepper
2 tablespoons butter or
margarine
1 can hot water
1 can (4 ounce) sliced
mushrooms, drained
1/3 cup uncooked long grain
rice
1 tablespoon chicken
bouillon granules*

In a one-quart casserole dish, combine the onion, celery, green pepper and margarine. Microwave on HIGH (100%) until the vegetables are tender-crisp, 3 to 5 minutes.

Stir in the remaining ingredients. Cover.

Microwave on HIGH (100%) for 5 minutes. Reduce the power to medium (50%).

Microwave until the liquid is absorbed, 10 to 12 minutes.

Let stand, covered, for 5 minutes.

Fluff with a fork before serving.

Per Serving (excluding unknown items): 267 Calories; 24g Fat (78.5% calories from fat); 4g Protein; 11g Carbohydrate; 3g Dietary Fiber; 63mg Cholesterol; 1387mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 4 1/2 Fat.