

Side Dish

Sweet Tea Rice with Fresh Ginger and Pears

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Servings: 6

Preparation Time: 5 minutes

Start to Finish Time: 25 minutes

2 cups sweetened tea

1 cup long-grain rice, uncooked

1/2 teaspoon salt

2 tablespoons butter

2 large shallots, minced

1 large pear, peeled and diced

2 teaspoons fresh ginger, grated

1/2 teaspoon pepper

1/4 teaspoon salt

Bring the tea to a boil in a 3-quart saucepan over medium-high heat.

Stir in the rice and salt.

Reduce heat to low. Cover and simmer for 20 minutes or until the tea is absorbed and the rice is tender. Set aside.

In a large skillet, melt butter over medium-high heat.

Add the shallots and saute' for 1 minute.

Add the pear, ginger, pepper and salt. Saute' for 5 minutes or until the pear is tender.

Stir in the hot cooked rice.

Per Serving (excluding unknown items): 166 Calories; 4g Fat (22.6% calories from fat); 2g Protein; 30g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 308mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1 Fat.