

Side Dish

Sweet Tea Rice

Southern Living Magazine - May - 2011

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

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.

Per Serving (excluding unknown items): 113 Calories; trace Fat (1.7% calories from fat); 2g Protein; 25g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 1 1/2 Grain(Starch).