

Wild Rice and Carrots

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Cooking Light Magazine - July 2012

Servings: 4

If you can't find precooked wild rice, substitute boil-in-bag or precooked brown rice.

1 package (8.5 ounce) precooked wild rice

1 1/2 tablespoons unsalted butter

1 cup carrots, thinly sliced

1 tablespoon fresh parsley, chopped

1/2 teaspoon freshly ground black pepper

1/4 teaspoon salt

Prepare the rice according to the package directions.

Melt the butter in a large nonstick skillet over medium heat.

Add the carrots. Cook for 8 minutes or until tender, stirring frequently.

Stir in the rice, parsley, pepper and salt.

Cook for 1 minute.

Per Serving (excluding unknown items): 53 Calories; 4g Fat (71.5% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 146mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat.