

## **Wild Rice with Bell Pepper and Fennel**

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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 olive oil**

**1/2 cup yellow bell pepper, diced**

**1/2 cup fennel bulb, diced**

**1 1/2 teaspoons fresh oregano, chopped**

**1/2 teaspoon freshly ground black pepper**

**1/4 teaspoon salt**

Prepare the rice according to package directions.

In a large nonstick skillet over medium heat, heat the olive oil.

Add the yellow pepper and fennel to the pan. Cook for 8 minutes or until tender, stirring frequently.

Stir in the rice, oregano, pepper and salt. Cook for 1 minute.

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Per Serving (excluding unknown items): 54 Calories; 5g Fat (82.0% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 139mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat.