

Wild Rice with Tomatoes and Pine Nuts

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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

1/4 cup pine nuts

8 cherry tomatoes, quartered

1 tablespoon fresh basil, 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, melt the butter.

Add the pine nuts and cherry tomatoes to the pan. Cook for 8 minutes or until the tomatoes are tender, stirring frequently.

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

Yield: 4 1/2 cup servings

Per Serving (excluding unknown items): 95 Calories; 9g Fat (78.6% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 137mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.