

Parmesan Rice and Pasta Pilaf

Makes: 6 servings

Ingredients

- 2 tablespoons** olive oil
- 1/2 cup** vermicelli (uncooked and finely broken)
- 2 tablespoons** onion (diced)
- 1 cup** white or brown rice (long-grain, uncooked)
- 1 1/4 cups** chicken stock (hot)
- 1 1/4 cups** water (hot)
- 1/4 teaspoon** white pepper (ground)
- 1 bay leaf
- 2 tablespoons** Parmesan cheese (grated)

Directions

1. In a large skillet, heat oil. Sauté vermicelli and onion until golden brown, about 2-4 minutes over medium-high heat. Drain off oil.
2. Add rice, stock, water, pepper, and bay leaf. Cover and simmer 15-20 minutes. Fluff with fork. Cover and let stand 5-20 minutes. Remove bay leaf.
3. Sprinkle with Parmesan cheese and serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	26 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	100 mg	4%