

Lemon Southwest Rice

Cooking Light, July 2010



Servings: 8

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1. Melt butter in a large nonstick skillet over medium heat. Add leek; cook 5 minutes or until tender, stirring frequently. Add garlic; cook 1 minute, stirring constantly. Add rice, and cook 1 minute, stirring constantly.
2. Add broth and next 4 ingredients, through saffron; if using a rice cooker, pour the mixture in it and let it do its thing; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until rice is tender and liquid is absorbed. Stir in cilantro, chiles, and rind. If serving to guests, use a heated serving dish as the rice cools off quickly.

2 tablespoons butter

1 cup leek, thinly sliced

1 tablespoon minced garlic

2 cups long-grain rice

4 cups low-sodium chicken broth

1/4 cup fresh lemon juice

3/4 teaspoon salt, or MORE to taste

1/4 teaspoon ground coriander

1/8 teaspoon saffron threads, crushed

1/4 cup chopped fresh cilantro

1/4 cup chopped green chiles, canned, undrained

1 teaspoon grated lemon rind

Per Serving (excluding unknown items): 222 Calories; 4g Fat (16.7% calories from fat); 9g Protein; 41g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 255mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>