

Lemony Rice Pilaf

Carolyn T's
Cookbook

Servings: 8



1. Melt butter in a heavy 3-quart saucepan (with lid) over medium high heat. Saute the onions until tender, about 5 minutes. Add the rice and toss over medium heat for about 2 minutes (or longer if you'd like the rice to have a more golden color).
2. Add the broth, saffron, lemon juice, salt and pepper and bring to a boil. Stir, cover, reduce heat and simmer for 18-22 minutes or until rice is tender.
3. Fluff rice and toss in the lemon zest, half the parsley and all of the cheese. Serve rice with a spoon or pack into a small mold or ramekin and turn out onto each plate. Sprinkle remaining parsley on top.

1/4 cup unsalted butter
1 1/2 cups onions, chopped
2 cups long-grain white rice
4 cups chicken broth
1 tablespoon fresh lemon juice
1 pinch saffron threads
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon lemon zest, finely grated
1/3 cup Parmigiano-Reggiano Cheese
1/4 cup Italian parsley, chopped finely

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

*Per Serving (excluding unknown items): 252 Calories;
7g Fat (24.7% calories from fat); 6g Protein; 41g
Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol;
520mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0
Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.*