

Pecan, Garlic & Spinach Rice

Author: Phillis Carey, cookbook author and instructor

***Carolyn T's
Main Cookbook***

Servings: 6



Description: Ideal as a bed for a highly spiced Southern dish.

1. Melt half the butter in a 4-quart saucepan. Add onion and cook until translucent, about 5 minutes. Stir in rice until it glistens. Add chicken broth and bring to a boil, stirring often. Simmer for 18-20 minutes.
2. Melt the remaining butter in a medium saucepan over medium-high heat. Add garlic and toss gently for 30 seconds. Add the baby spinach and toss well until the spinach is wilted. Season to taste with salt. Use pepper if you want it, but the mixture you put on top may be amply spiced already. Toss spinach and pecans into the rice and serve.

4 tablespoons unsalted butter
1/2 cup onions, chopped
1 1/2 cups long-grain rice
3 cups chicken broth
4 cloves garlic, minced
5 ounces baby spinach
1 cup pecans, toasted and chopped
Salt to taste

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

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*Per Serving (excluding unknown items): 389 Calories;
21g Fat (47.8% calories from fat); 8g Protein; 43g
Carbohydrate; 3g Dietary Fiber; 21mg Cholesterol;
405mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2
Lean Meat; 1/2 Vegetable; 4 Fat.*