Armenian Rice & Noodle Pilaf

Adapted from a recipe in the Orange County Register, April, 2008



1 cup long-grain rice, raw

1 cup linguine, broken into small bits; or vermicelli or orzo

1/2 cup onion, chopped

2 tablespoons unsalted butter

3 cups low-sodium chicken broth

1 cup mushrooms, cleaned, sliced [optional]

3 tablespoons pine nuts, toasted, for garnish [optional]

Salt and pepper to taste

2 teaspoons fresh dill, minced

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

Servings: 6

1. In a heavy skillet or saucepan melt butter, then add pasta, rice and onions. Stir and cook until the mixture is lightly browned. Add mushrooms at this point, if using, and cook them for about 2 minutes.
2.Add broth all at once, bring to a simmer, cover and cook over very low heat for about 20 minutes, until rice is completely cooked, but not mushy. Taste for seasonings (salt and pepper). Garnish with pine nuts and dill, if using. Serve immediately.

Per Serving (excluding unknown items): 246 Calories; 8g Fat (26.1% calories from fat); 11g Protein; 38g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 24mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.