

Hearty Rice Dressing

4 cups water
¼ teaspoon salt
¾ cup long-grain brown rice
¾ cup wild rice
1 tablespoon olive oil
1 small onion, chopped
1 pound fresh mushrooms, cleaned and sliced
½ cup finely chopped parsley
1 cup sliced celery
¼ teaspoon rubbed sage (finely powdered)
A pinch each of black pepper, dried marjoram and dried thyme
½ cup pecan halves, coarsely chopped

Bring the water to a boil, adding the salt and both varieties of rice. Lower to simmer, then cover and cook until the rice is tender but still crunchy, about 30 to 40 minutes.

Preheat the oven to 350 degrees F.

In a large ovenproof skillet, gently heat the oil and sauté the onion and mushrooms until the onion becomes transparent. Add the parsley, celery, cooked rice, seasonings and pecans. Stir to mix, then cover and bake for 15 minutes.

Servings: 6

Nutritional Information

Serving size = ¾ cup
Calories: 290
Fat: 9.6 gm.; 29% of calories from fat
Cholesterol: 0
Sodium: 315 mg.
Carbohydrate: 60 gm.
Protein: 8.5 gm.