

Rice with Orzo

¼ cup *trans* fat free tub margarine
½ white onion, chopped
1 cup whole wheat orzo
1 cup brown rice
1 ½ cups water
1 ½ cups low-sodium chicken broth
½ cup toasted almond slices

Sauté raw orzo and onions in butter until browned. Add rice and broth. Cover and simmer about 20 minutes or until done. Meanwhile, place almond in small sauté pan and cook over medium until browned. Stir in toasted almonds. Serve chilled or warm.

Serves 8. One Serving=1/2 cup

Calories 180 Fat 9g Carbohydrate 23g Fiber 4g Protein 5g Sodium 140mg