



Lemon Rice Pilaf

Makes 4 servings

Recipe from "Rachael Ray 30-Minute Meals 2" by Rachael Ray, published by Lake Isle Press, 2003

INGREDIENTS

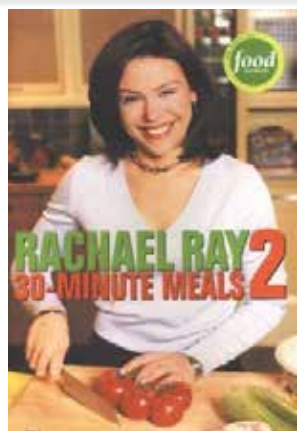
- 1 tablespoon extra-virgin olive oil (evoo)
(once around the pan in a slow stream)
- 1 tablespoon butter
- 1 large shallot, finely chopped
- 1 & 1/2 cups long-grain rice
- 1/2 cup dry white wine
- A few sprigs fresh thyme, leaves stripped and
chopped (about 1 tablespoon)
- 1 can (14 ounces) or 2 cups chicken broth
- 1 cup water
- The grated zest of 1 lemon
- A handful chopped fresh flat-leaf parsley
- Slivered almonds, toasted, for garnish

PREPARATION

Heat a medium saucepan over medium heat. Add evoo and butter and shallots to pan. Sauté, 2 minutes, then add rice, and lightly brown, 3 to 5 minutes. Add wine and allow it to evaporate entirely, 1 to 2 minutes. Add thyme and chicken broth. Add a cup of water to pot and bring to a boil. Cover rice, reduce heat, and cook 20 minutes, until tender. Stir in the lemon zest and the parsley. Transfer to dinner plates or warm serving dish and garnish with toasted slivered almonds



Dara O'Brien



Rachael Ray 30-Minute Meals 2

by Rachael Ray, published by Lake Isle Press, 2003

Rachael pulls out all the stops in this best-selling collection of recipes. You'll find menus complete with mains, sides, and desserts, tailored for any occasion. Sections include: Make Your Own Take-Out, Monday Thru Friday Dinner Specials, Family-Style Suppers, Double-Duty Dinners, Passport Meals, Big Nights: Very Special Dinners, and Healthy Hunger Busters. Eating Healthy? Try a meat-free meal featuring Ravioli Vegetable Lasagna, Romaine Hearts with Lemon Chive Vinaigrette, and Fresh Oranges with Lime Sorbet.

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